SANDWICH HIGH SCHOOL

BETTER TOGETHER

LANCER 2022

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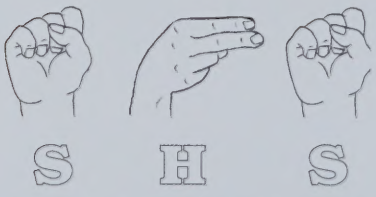
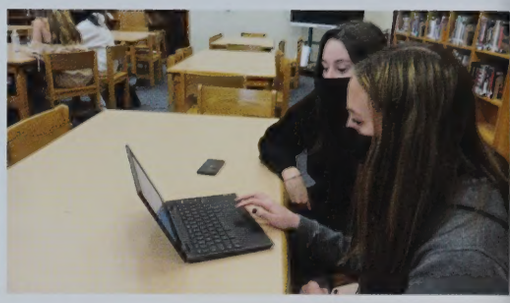


SANDWICH HIGH SCHOOL

Lancer Yearbook 2022
Sandwich High School
365 Quaker Meetinghouse Rd
East Sandwich, MA 02537

Phone: 508-888-4900
Cape Cod
41.6688° N, 70.2962° W

Cover Designed by Samantha LeBlanc, 12
Icons Designed by Shannon Heyer, 11



Letter from the Editors

In the past two years, we have faced more adversity and hardship than we could have imagined. The pandemic has impacted everyone across the world and our hearts go out to all the family, friends, and loved ones affected by the COVID-19 virus.

Finally, this year we are back in person and together again. We have learned that we are better together, united in one commonplace. Through all the adversity, instead of focusing on the negative we came together and supported each other. It taught us to appreciate one another and has allowed us to cultivate a stronger sense of community in our school and town.

For this reason, we decided on the theme of Better Together, for this years yearbook. As we continue throughout the year we hope to make up for the lost time together, and grow closer with one another. High school flies by and before we know it we will all be going our separate ways, so we must enjoy our time together now.

Allie Timmerman

Caitlin Kelly

Patrick Morin

2022 Yearbook Editors-in-Chief

Yearbook Class

From left to right: Kaiya Chham 9, Mathew Hemeon 12, Patrick Richards 12.

From left to right: Kate Cowan 12, Madelyn Boen 12, and Austin Barnes 12.

From left to right: Mackenize Royal 9, Lily McNamara 9, Delia Irving 9, Paige Burkey 12, Jillian MacNeil 9.

From left to right: Mackenzie Aurther 11, Maddie Vachon 12, Brenna Franklin 12.

From left to right: Alanna Schreibies 10, Cassidy Steel 10, Aryia French 12, Maddie Greer 12.

SUMMER
FALL 2021

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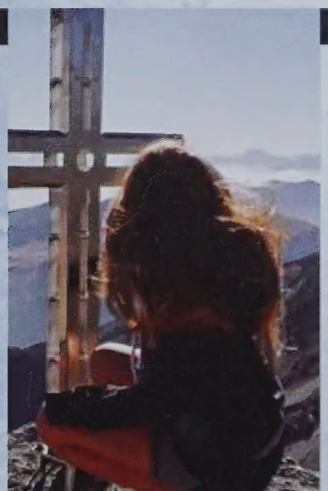


Class of 2022 Creates Makeshift Prom

Unusual circumstances that tagged along with the pandemic. Unfortunately the style of prom looked different: rather than the traditional Junior and Senior prom, the Class of 2021 received a prom held at Heritage Museum and Gardens. Individuals of the Class of 2022 were disappointed that they would not receive a prom, so students Caitlin Kelly and Delaney Nixon used their passion to create a makeshift prom. Delaney Nixon stated, "We still wanted to be able to have some type of gathering and be able to get the junior and senior classes together one last time."

Although the event was a huge success, Caitlin and Delaney explained there were some struggles along the way: "With only having a little time to plan such a large event, time and budgeting was an issue, especially when we were trying to keep the price relatively affordable," Kelly explained. The countless hours to make the event possible resulted in an impressive and successful event that brought *everyone together*.

Joey Morrison, Aiden Molloy, Charlie Watters, and Aaron Menard

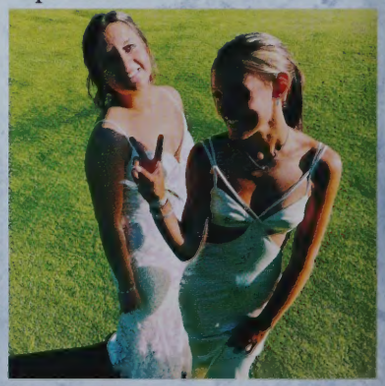
Callie Burgess, Delaney Nixon, Ella Curley, and Kate Cowan

Maddie Vachon, Madelyn Boen, and Emma Murphy

Caitlin Kelly and Allie Timmerman dancing at prom.

Haley McLaughlin, Delaney Cochrane, Katelyn Lerch, Caitlin Kelly, and Susan Higgins

Joey Morrison, Aiden Molloy, and Jacob Sutton walking into the prom venue at The Ridge Club.

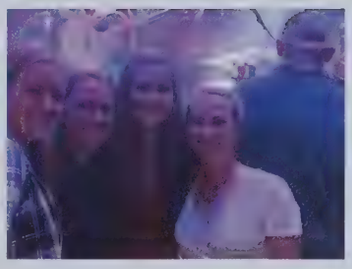


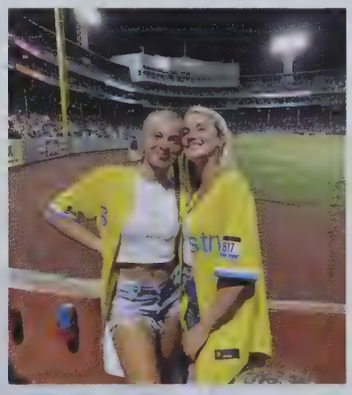
Bridget Carrera and Morgan Ramsey

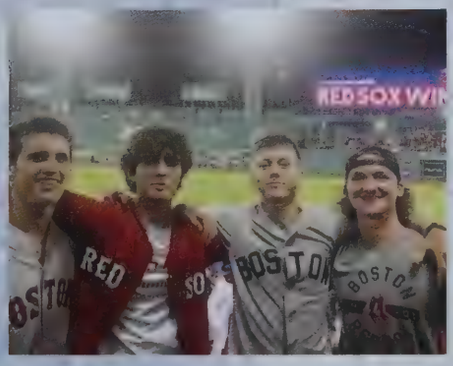
Summer 2021

Back in Full Swing

The summer of 2021 brought a return to normalcy to the Cape. Students returned to summer jobs, tourists returned to their favorite beaches, and summer school was in full swing. While the summer was not without its challenges, students were glad to get *back together* for a fun-filled, more relaxed summer than the previous year when we were in the grip of the COVID pandemic.







Senior Picnic

The senior class continued the senior picnic day tradition after the hiatus last year. Excused from classes, students *gathered together* at Town Neck Beach for a fun beach day with games and competitions. Despite cloudy weather, the day was nonetheless a success.

Spirit Week

A group of seniors dress in their comfiest clothes for Pajama Day.

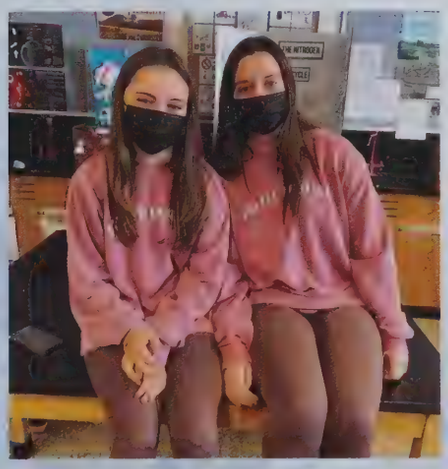
TWIN DAY: Lily Brooks, 12, and Emily Lopes, 12, show off their school spirit on Twin Day.

Lily Guarino, 9, Gracie Lowen, 9, and Olivia Mcneill, 9, rock Blue Knight Pride Day by wearing their Sandwich volleyball jerseys. Lily Guarino says "We participated in Spirit Week and showed off our new shirts. It's a win-win."

PAJAMA DAY: Kiera Coker, 11, starts spirit week off strong: "I absolutely love the idea of getting to wear pajamas to school, we should do this every day!"

CHARACTER DAY: Sabrina Clay, 9, wears a blue tutu during Spirit Week to imitate Smurfette.

Sabrina Clay, 9, and Anna Bader, 9, get creative on Twin Day. They decided to dress up as imaginary characters they created, knowing their costumes would be one of a kind.



Marissa Peterson, 12, and Bridget Carrera, 12, wear matching Pilot House sweatshirts on Twin Day.

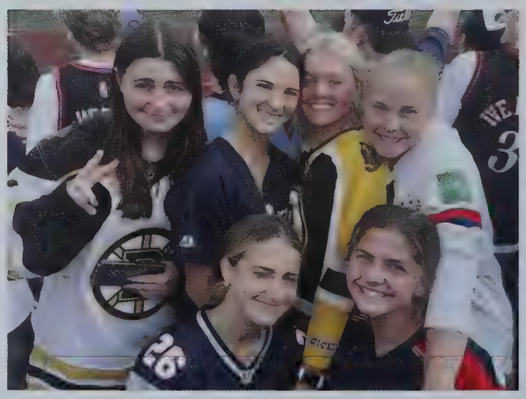
Homecoming Game

GAME DAY: The Blue Knights rush out on to the field to play the homecoming game against Nantucket

Triple Overtime Loss

The Blue Knights put up a fight! The football team's last game at home of the 2021 season was the homecoming game. During halftime, the homecoming court was announced, and the student section gratefully came together to show support for their school. Delia Irving, 9, states, "The student section was wild! It made the game so much more interesting because all the students were so excited."

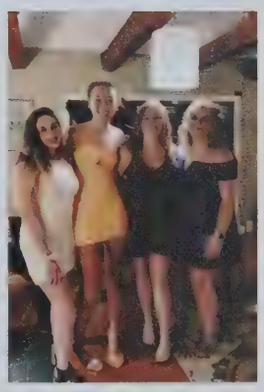
Everyone *came together* and showed school spirit during the game by wearing their jerseys. For the seniors in the stands, it was a bitter-sweet event. Despite a 20-7 lead at halftime, the Blue Knights lost in triple overtime. This was their last home football game of their high school careers, but they went on to make the playoffs for the first time in school history.



Fan section shows support by participating in jersey theme

Homecoming Dance

The Class of 2022 hosted a homecoming dance, reviving the long-standing tradition. Last year's homecoming dance was canceled due to COVID-19 safety protocols, but senior class officers were committed to making it happen again. While students were required to wear masks inside, the dance was as close to normal as possible. It was a great way for students across all grades to *come together* and have fun!



Meet the Class Officers

Class Officers' main task is to raise money for their class activities. The pandemic wiped out a large portion of their plans, so officers had to bounce back upon the return to school. "I personally find it my job to promote school spirit by creating events for the students to participate in for a fun school experience," said Ross Klaiber, 10, Class of 2024 President. Class Officers often dedicate their personal time in order to benefit their grade.

Their main responsibilities include organizing meetings, communicating with administration, and booking some of the senior week events. Cora Palomar-Nelson, President, 12, explained that "You might have seen me ordering 100 pizzas on the phone in the library or selling tickets in the cafeteria for homecoming." Officers are students who are excited about school, love organization, and want to be a voice for their classmates.

How has being a leader changed your high school experience?

"I have been able to meet and collaborate with students in and beyond the Class of 2022. It has taught me how to speak up for myself and others. It has been an honor being a representative for my class these past four years."
Cora Palomar-Nelson, President, 12

"We are always looking for fundraisers to benefit the class and community, while making them fun and interactive! The role as class president has taught me to use my creativity and how to collaborate with students, teachers, and administration to get the job done!"
Emma Abramson, President, 11

"I genuinely feel like a better person when I raise money for the grade. Currently I'm selling chocolates to people before, during, and after school and its a fun experience!"
Ross Klaiber, President, 10

"Being class president has allowed me to be the voice of my peers. Listening to ideas about what my friends and classmates want is something I enjoy and want to make sure we have the best possible experience available."
Ben DiGiacomo, President, 9

What advice would you give someone interested in running for class officer?

"It is a great way to stay involved in your class and make positive change for your school community; being VP has allowed me to hear all different voices and represent *all of the student body.*"
Paige Burkey, Vice President, 12

"Be the type of person you would want to vote for. A good candidate is someone who genuinely cares about their classes wellbeing and is able to work with the other officers to accomplish as much as they can!"
Kallie Tompkins, Vice President, 11

"Having the opportunity to change things for my class has been awesome. Showing students that they can have an impact in their class community is encouraging and empowering."
Brigid Kelly, Vice President, 10

"It's important to stick with it and not give up. Make sure that you are committed and it's something you really want to do. Overall, it's really amazing to be in a leadership role. I would definitely recommend it!"
Navya Junkins, Vice President, 9

Class of 2022

Back: Cora Palomar-Nelson, President, Sarah Currey, PR Secretary, Paige Burkey, Vice President
Front: Allie Timmerman, Treasurer, Delaney Cochrane, Secretary

Class of 2023

Back: Nora Cronin, PR Secretary, Grace Rothera, Secretary, Kallie Tompkins, Vice President
Front: Emma Abramson, President, Rebecca Dykas, Treasurer

Class of 2024

Back: Sydney Hanlon, Secretary, Brigid Kelly, Vice President, Ella McCabe, PR Secretary
Front: Ross Klaiber, President, Dylan McCabe, Treasurer

Class of 2025

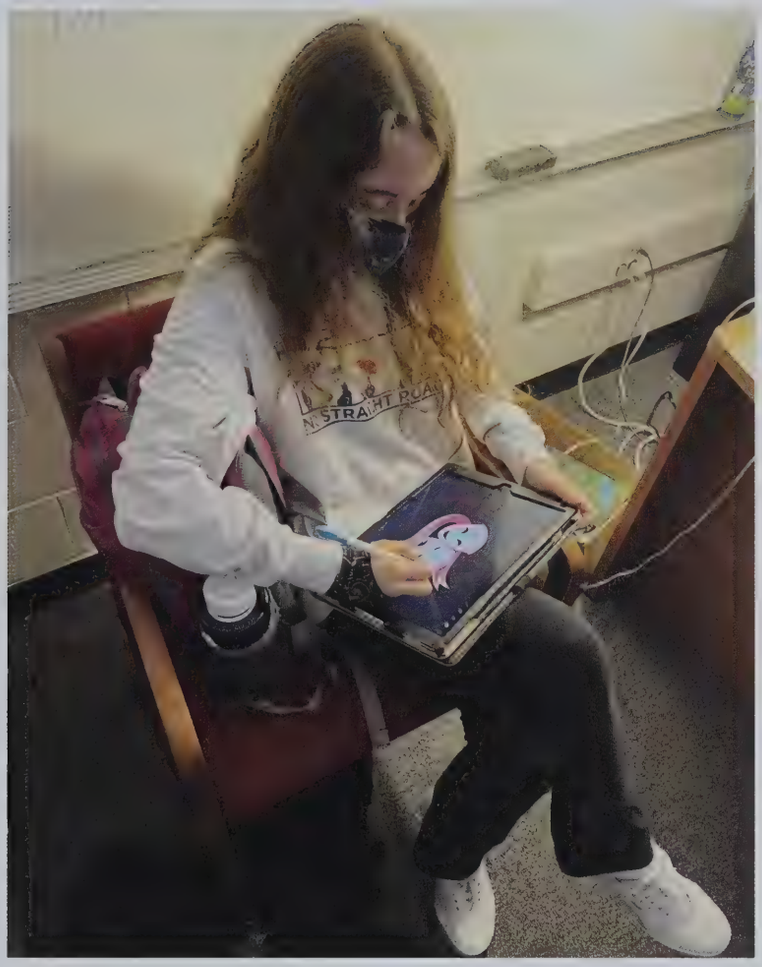
Back: Lily Guarino, PR Secretary, Anna Bader, Treasurer, Hannah Pearce, Secretary
Front: Ben DiGiacomo, President, Navya Junkins, Vice President

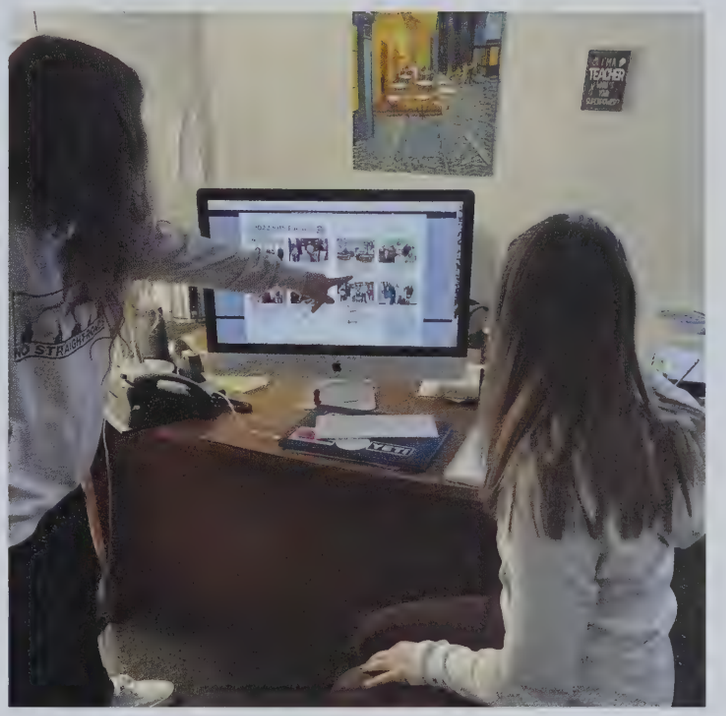
Designing the Yearbook Cover

Two Sandwich High School students help create this year's yearbook. Inspired by the theme **Better Together**, the editors wanted to embody this message and make the yearbook a collaborative effort where other students could get involved. For this reason, they decided to shift away from the tradition of hiring a professional artist and instead, seek out talented students in our community. After reaching out to National Art Honor Society Advisor Daniel Dobbins, Samantha Leblanc was highly recommended.

Samantha Leblanc, Grade 12, was responsible for crafting the front and back covers. As a talented artist and involved community member, Sam has used her passion for art to give back to her community. She is also the president of the National Art Honor Society where she organizes and participates in art projects that better the school and broader this community. This project was just another example of the ways Sam has touched our school through her art.

After discussing this project with Daniel Dobbins, he expressed that he was happy he could offer his students the opportunity of being an artist in a real-world situation. Regarding Sam's growth as an artist he said, "She gained experience working with clients, and was able to find a happy balance between her creative process as well as what the clients are looking for". In the future, Sam hopes to double major in art and a science-related field to pursue both of her passions.





An Iconic Design

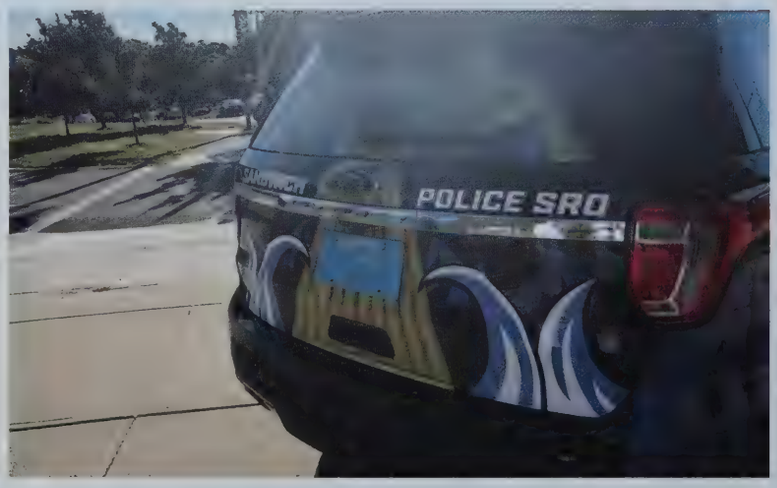
Creating Clip Art

Shannon Heyer, Grade 11, is one of the many fantastic artists that belong to the Art National Honor Society. She was handpicked by National Art Honor Society Advisor Daniel Dobbins, to create the small details as well as collaborate with Sam LeBlanc on this year's yearbook cover. The icons were "not a problem" , as Shannon is not only in National Art Honor Society but also took prestigious art courses such as Art III and Graphic Design II. Shannon is a seasoned veteran when it comes to art with over 3 years of drawing experience. She desires to go to an art school for Digital Art as that is her specialty.

Shannon was able to work collaboratively and use creative interpretations when the yearbook editors presented the idea of wanting small icons in this year's yearbook. All of her icons were done digitally starting with a basic sketch which was used as a building block for her final product. The basic sketch evolved to an improved sketch with color filled in each of them. In order to be inclusive for sports and clubs she blended some together into one icon that were able to balance each other out based on size and shape. Overall Shannon stated she had a "pretty good experience that went smoothly."

Blue Knight Police Car

From left to right: Art teacher Daniel Dobbins, Brenna Franklin 12, Olivia Manuel 12, Abby Maclachlan 11, Jessica Kent SRO, Bella Watts 11, Kaitlyn Manuel 11, Jenna Lodge 11.

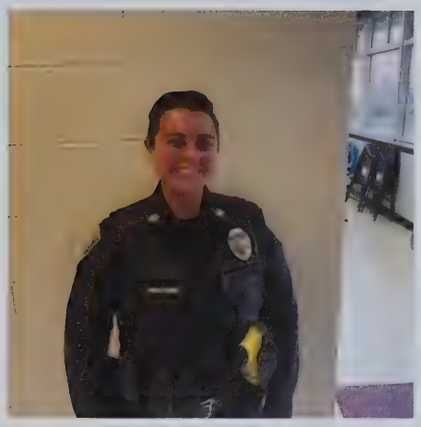


The wrapping of the Blue Knight Police Car was started back in February when emails were sent out to students to see who was interested in being involved. Once they had found their group, they were ready to get started.

Once the design came out and they were happy with it, they decided to start reaching out to places that would produce their wrap.

Sign It, a company in Hyannis, was able to do what they were asking for. When they saw the price and how reasonable it was, they were willing to work with them.

The project ended up going on until the first day of school, when the group saw the outcome, and they couldn't have been happier.



Officer Kent was excited to do this project because it had never been done before. She believed that doing this was something cool to take out of the box and work with the students. Officer Kent stated, "It was great to see *everyone come together*, work hard and create a legacy that will go on forever at Sandwich High."
Officer Kent, School Resource Officer

Mrs. Ganju took this offer of helping out in this project because she knew the group of students she had were very dedicated, the police department was going to partner with them, and she knew right away Officer Kent was very serious about doing the project.
Mrs. Ganju, Art Teacher

Olivia Manuel and Brenna Franlin are two seniors who took part in the design of the police wrap. They had both said that if they could have redone the wrapping they would have changed the color of the sand castle. Other than that, both were extremely thrilled with the outcome of the wrap.
Brenna Franklin, 12
Olivia Manuel, 12

Administration & Guidance

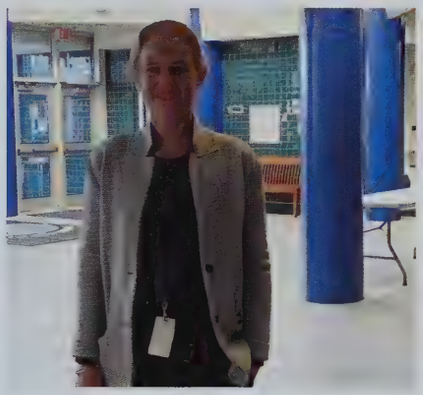
The Administration and Guidance Departments at Sandwich High School have had a busy two years. In March 2020, they guided us through the defining event of this generation: the COVID-19 pandemic. The following year saw hybrid learning, and this year, we returned to some semblance of normalcy.

While school was back to full capacity, students and staff wore masks during the year, and contact tracing was still a prominent piece of keeping students and staff safe from the coronavirus pandemic.

Meanwhile, Guidance Counselors continued to support students and help them apply for colleges, sign up for courses, and offer academic advice and guidance as they navigated a changing landscape of academics.

James Mulcahy, Principal of Sandwich High School/STEM Academy

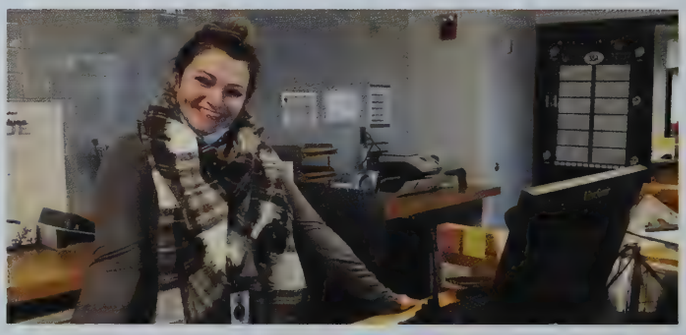
Josh Tarsky, Assistant Principal of Sandwich High School/STEM Academy



Jeanne Nelson, Assistant Principal of Sandwich High School/STEM Academy

Joanne Deconto, Secretary to the Principal, Sandwich High School/STEM Academy

SHS/STEM Academy Guidance Counselors:
Melissa Murphy, Kathy Lucas, Chris Carroll, Taryn Andrea, Lynn Donoghue



Stephanie Drummond, Front Office Secretary, Sandwich High School

Media Center & Library

Mrs. Carey, the librarian has worked tirelessly to keep the library and inclusive and peaceful place for students of all grade's to do their work. When COVID hit her job changed, Mrs. Carey said the library was "was used for students who didn't have enough room in the classroom and it was also used as a lunchroom and how students could check out books but not browse them". Mrs.Carey has her mind set on adapting and changing the library to the new age of technology, the recent outbreak of COVID will not slow her down as she tries to digitize and expand this safe space for students.

Bethany Carey, Media Center Specialist

Jack Bateman, 9, and Maddie Greer, 12 browse through poetry books in the library.

SHS Custodial & Maintenance Staff

Throughout the last two years, SHS's custodial and maintenance staff has gone above and beyond their duties to keep the schools safe and operational. Over the summer, over holiday breaks, and on weekends, they put in countless hours to maintain and clean our schools. Thank you for everything!

2022 SHS Faculty

English Department

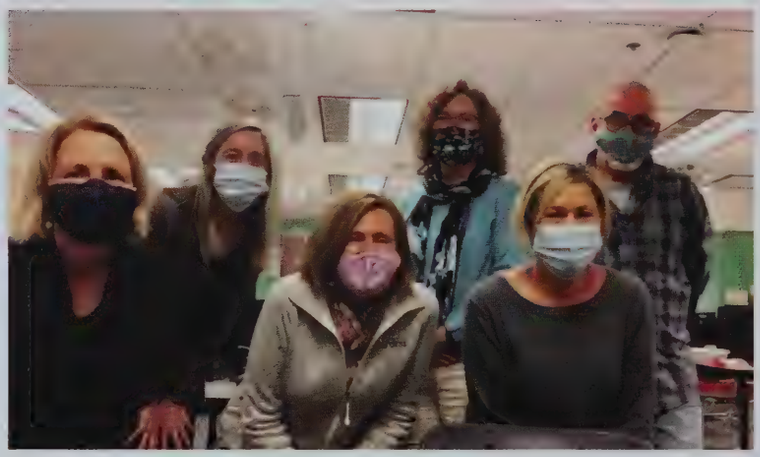
Back Row, Left to Right: Scott Childress, Marci Galvin, Maria Cahill, Lori Horan, Marty Russo; *Front Row:* Bryan Taylor, Kevin Broderick, JD Stone

History Department

Top Row: Sean Cunningham, Colleen Derby, Margie Luck, Nate Everett, John McCleod
Bottom Row: Mike McNeil, Mike Welch, Diana Evans

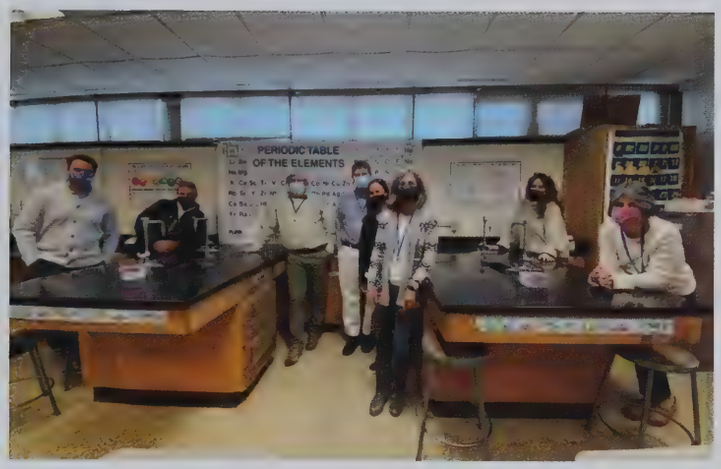
Fine Arts Department

Top Row: Bryan Morry, Dan Riley
Bottom Row: Diana Ganju, Dan Dobbins, Melinda Lasit, Elizabeth Mackenzie, Brett Rigazio



Technology Department

Mary Kelly, Bethany Carey, Deborah Klier, Colleen Davidson, Karen McGrath, and Kevin Coakley



Science Department

Chris Harlow, Chris Dumas, Mark Gilmore, Laurence Anderson, Melissa Kestenbaum, Anne Murphy, Courtney Aboltin, Cathy Kandianis

Math Department

Top Row: Kate Carl, Jessica Whittier, Dave Neil, Dave Aycock, Dominique Fougere
Bottom Row: Meghan Riberty, Ben Govoni, Colleen MacDonald

PE & Health Department

Amy Delgado, Brian Tomasini, Kristen Young, John Cahill, Matt McLean, Wendy Pierce
Not Photographed: Marty Cosgrove, Brent Pearsall

Foreign Language Department

Bottom Row: Mia O'Day, Julie Walsh
Top Row: Liam Kelly, Werner Price, Mary-Alice Moynahan, Trinity Broderick
Not Photographed: Raquel Lodge

Crossing the Pond

Exchange Students from Europe Come to Sandwich High School

United Across Cultures

This year, Sandwich High School had three exchange students welcomed into their school community. These students did not only made an impact on the students around them, but created friendships and long lasting relationships within different activities and clubs.

Annabel Helfer

Before Cape Cod, Annabel, 12, lived in a German part of Italy where she often played the piano and spent time with her family. She was eager to move out of the country and gain new experiences: "I think you learn a lot when you move somewhere new on your own, you grow up and you find out what you want to do with your life."

Her positive attitude toward her classmates and teachers represents the qualities she brought to Sandwich. "What I miss most is the Italian ambiance, but I really appreciate and love living by the ocean here." Annabel is missed by all of her friends and continues to stay in touch with the Sandwich community.

Annabel Helfer, 12

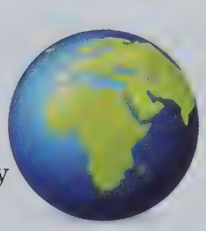
Maggie Fomasi

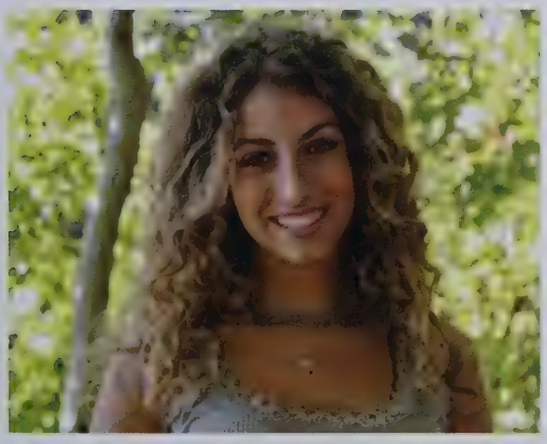
Maggie Fomasi, 12, came all the way from Lake Como Italy, and then graduated with the Class of 2022. Maggie stated, "When you're an exchange student, you don't choose where you are staying; it's everything about fate and compatibility."

Becoming an exchange student was something Maggie dreamed about,: "Actually getting to be involved in this was a dream come true." She loves languages and appreciates traveling, but she had expressed that leaving her family for a year was challenging. When Maggie returns to Italy in the fall, she will complete another year of high school. While Maggie was here she was unique, outgoing, and kind. Above all, she fit perfectly into the spirit of Sandwich High School.

Candice Beunardeau

Candice Beunardeau, 10, left her newly built life within the South of France to explore the world: "I decided to travel here to improve my English, experience new things and discover new places." Candice found it challenging to be away from the city and family, but with her kind personality, making new friends was an effortless act.

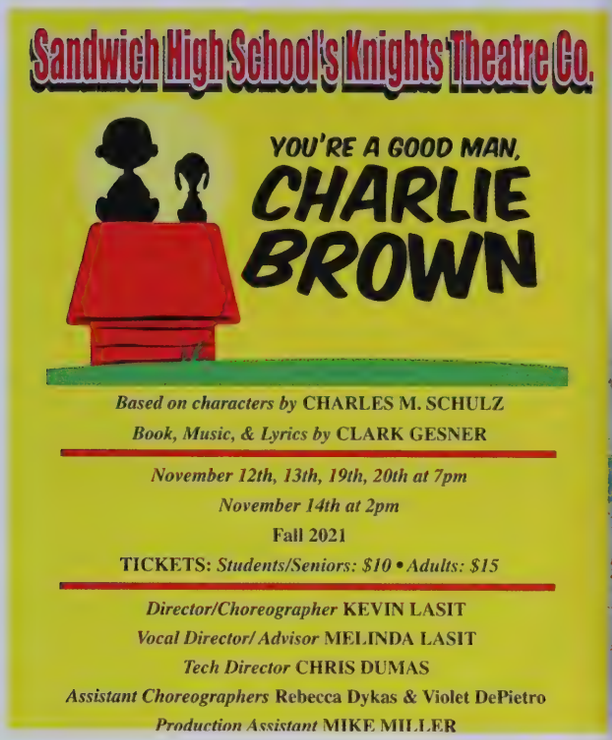




Maggie Fomasi, 12

Candice Beunardeau, 10

Knights Theatre Company

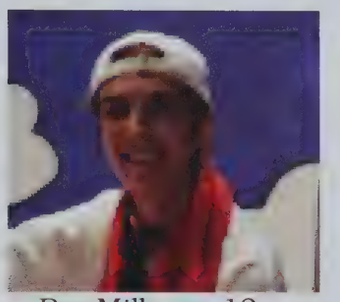


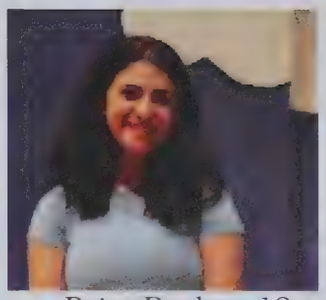
Together Performing Once Again

After two years of not being able to sing inside or perform for a live audience, KTC was finally able to produce a spectacular show! "You're a Good Man, Charlie Brown" was KTC's fall production. It was a musical filled with friendship and joy. Not only were these students eager to get back on the stage, but they brought in a big crowd.

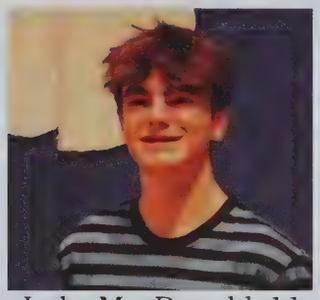
KTC Board Members

Co- Presidents


Ray Milburn, 12

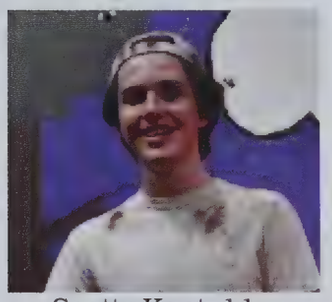

Paige Burkey, 12

Secretaries


Luke MacDonald, 11

Tristan McCartney, 11

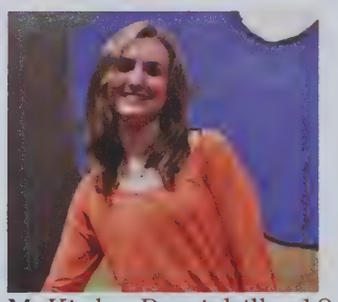
Publicity Managers


Scotty Kent, 11

Chloe Whalen, 11

Actor Representatives

Shauna Sabin, 10


McKinley Persichillo, 10

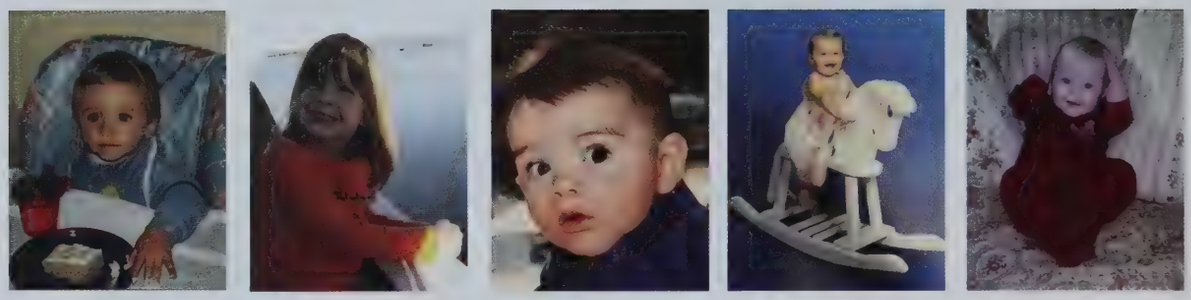
Tech Representatives

Paige Morris, 12

Riley Fortin, 12

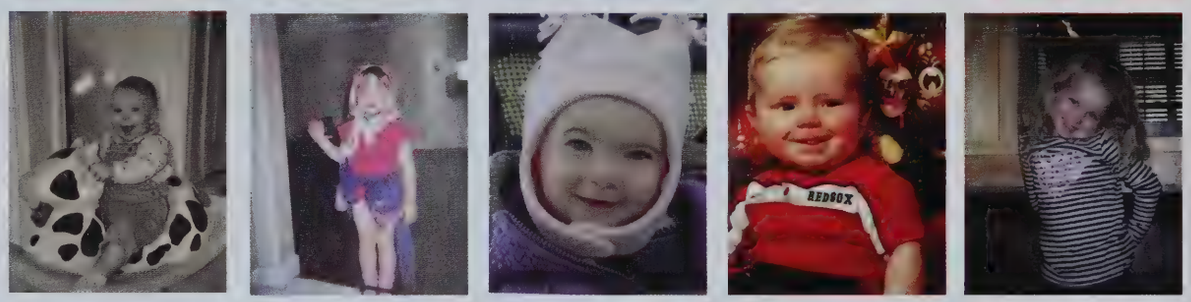
Senior Baby Photos

Kevin Griffin
Maya Schauber
Benjamin Hicks
Samantha Aycock
Jacob Varney



Sarah Kinney
Sean Lansing
Owen McDevitt
Sierra Brigham
Alexis Roan

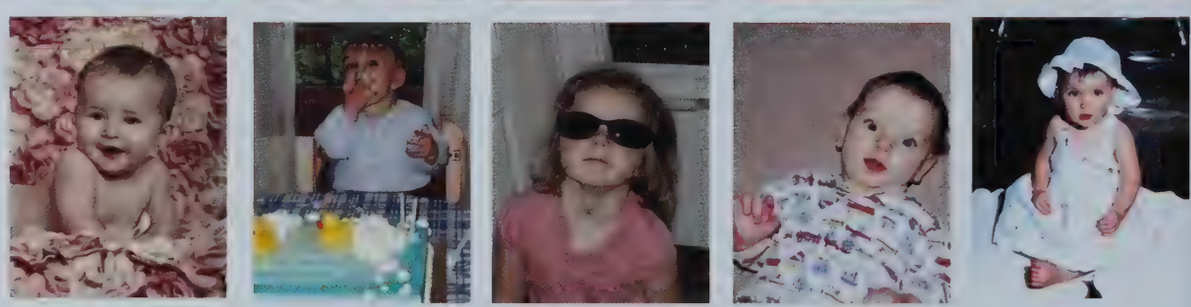
Charles Billard
Claire Davies
Lily Tobin
Ethan Hollett
Arianna Brennan



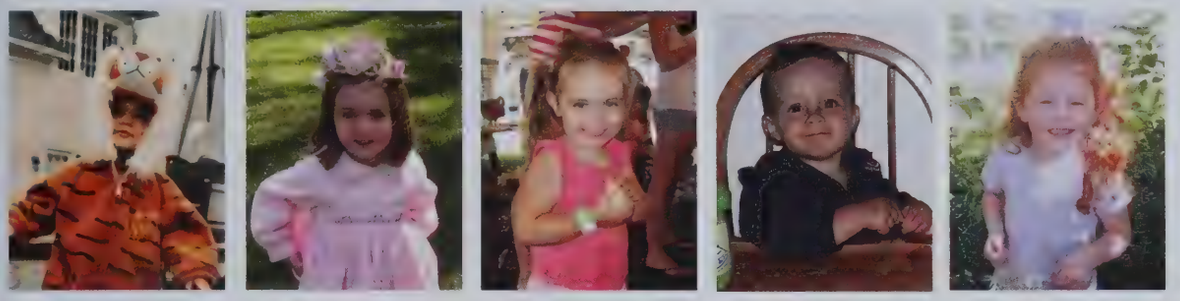
Lilly Moore
Cole McInnis
Ariya French
Monica Johnson
Jesse Woodill

Walker Davis
Cora Palomar-Nelson
Matthew Digiacomo
Ella Curley
Paige Hawkins

Skylar Simpson
Alexander Marancik
Eli Sheppard
Owen Beaton
Jordan Willis



Senior Baby Photos



Caleb Richardson
Bridget Carrera
Marissa Peterson
Brennan Finn
Delaney Cochrane

Zachary Tobey
Caitlin Kelly
Paige Burkey
Allie Timmerman
Daniel Bader

Thomas Hogan
Katelyn Lerch
Ella Hofmann
Aaron Menard
Brady Campbell

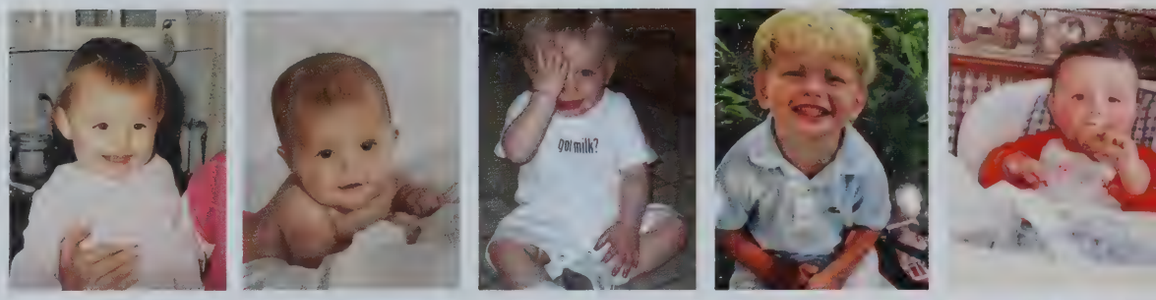
Amna Waheed
Aiden Molloy
Charles Watters
Patrick Richards
Hosah Surla

Samantha Leblanc
Brandon Cahoon
William Swift
Emily Lopes
Grace Cohen

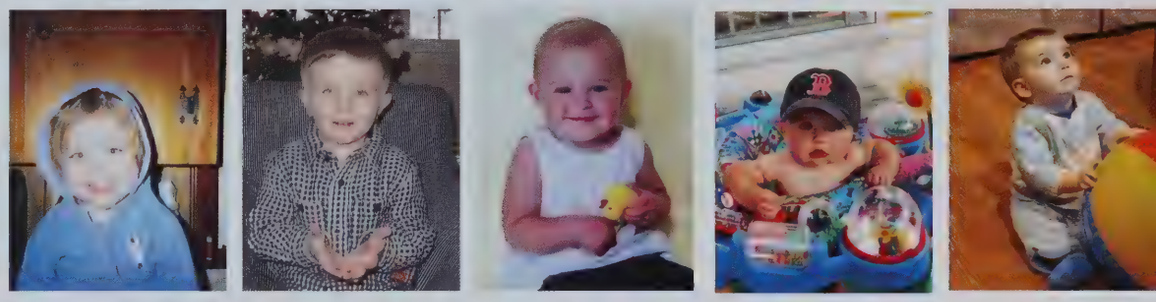
Margherita Fomasi
Connor Gill
Sarah Currey
Patrick Teravainen
Clara Moniz

Senior Baby Photos

Morgan Ramsey
Jacob Sutton
Erica Sundermayer
Matthew Hemeon
Conner Continho



Madison Early
Jake Steeves
Callahan Burgess
Kevin Jordan
Everett Chapman

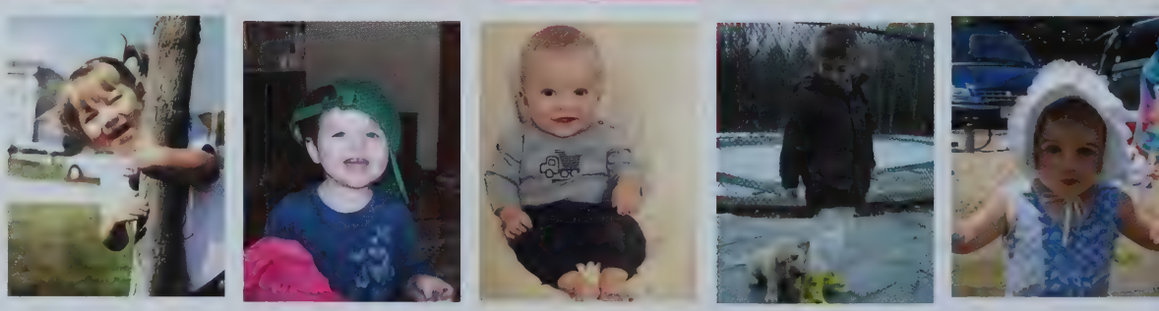


Haley McLaughlin
Kira Dean
Raphael Milburn
Ryan MacDonald
Caroline Barrett

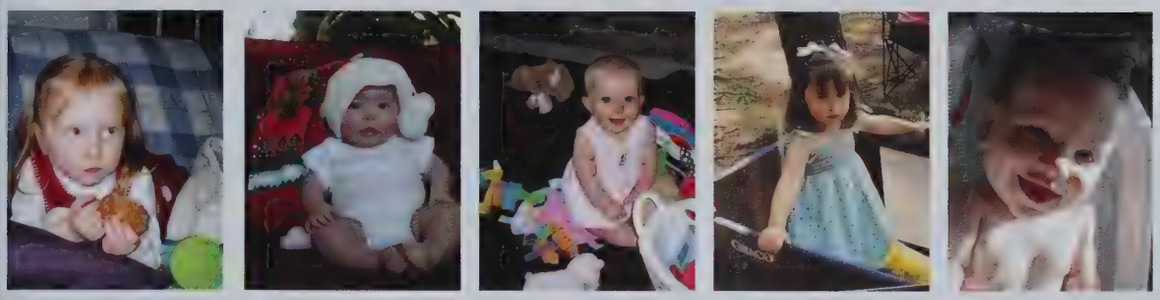
Reese Walbridge
Aiden Spurr
Dominic Smith
Mary Swift
Timothy Souza

Tatiana Maragozakis
Austin Barnes
Tala Boura
Lillian Brooks
Adam Schwager

Emma Dintino
Susan Higgins
Eric Harbilas
Nicholas Alvernaz
Sadie Biron

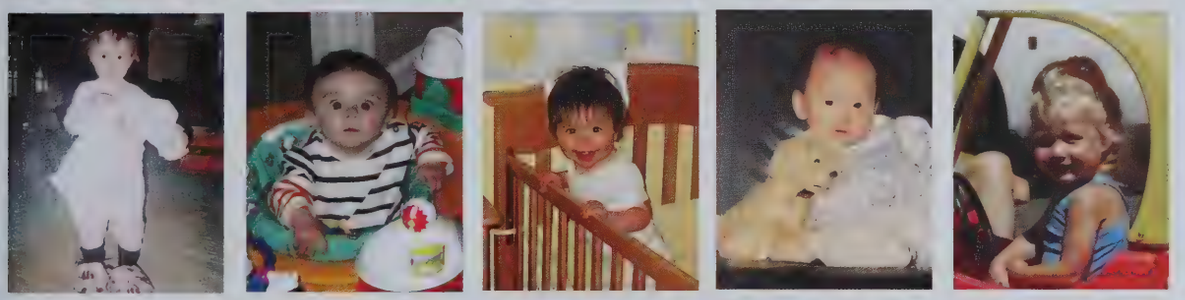


Senior Baby Photos



Nadia Fegela
Tyler Pino
Sydney Sawyer
Maria Mozeleski
Ryan Murphy

Samantha Morelli
Aimee Champagne
Bowen Potter
Adielys Otero
Saad Rashid



McCela Acord
Aiden Lapp
Trinity Poon
Paige Morris
Brenna Franklin

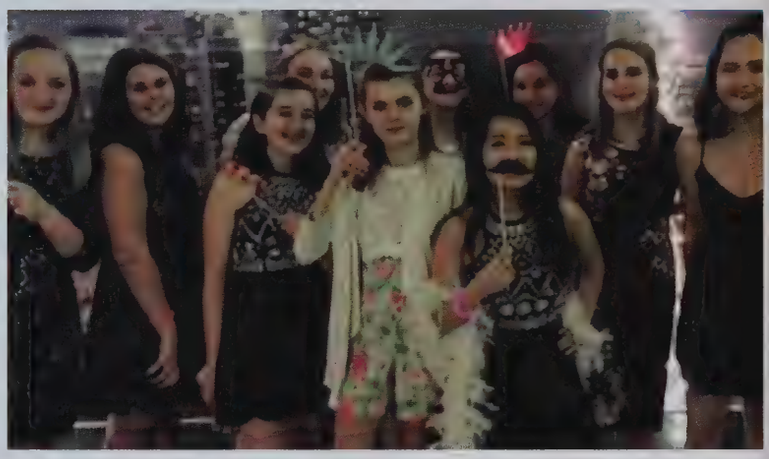
Ashleigh Widdon
Connor Prindle
Olivia Manuel
Delaney Nixon
Emma Murphy

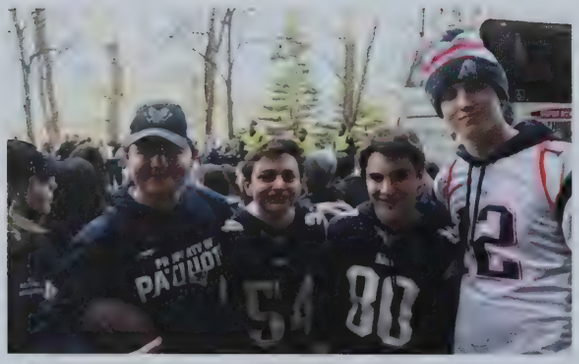
Dylan Sylvia
Madison Howes
Maya Reissner
Noah Frost
Madeleine Greer

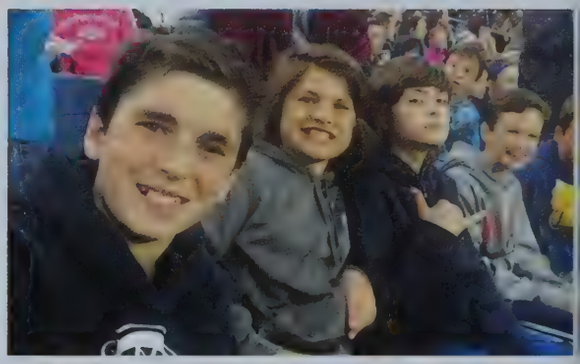
Emma Hair
Breanna Cole
Annabel Helfer
Dominick Medina-Wilson

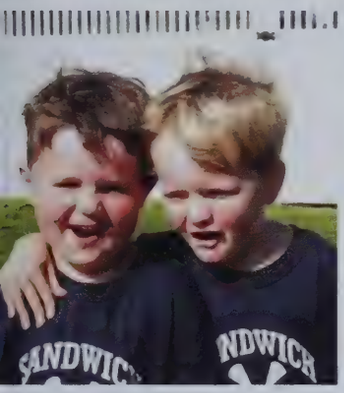
Throughout the Years

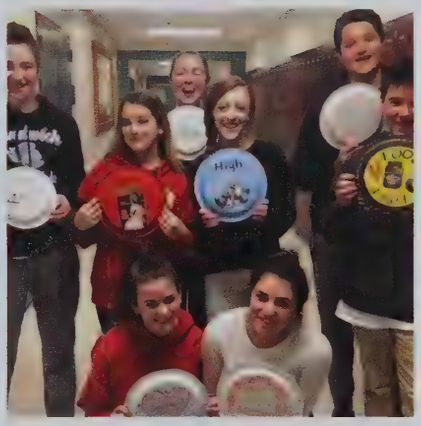
From seventh grade to senior year, the Class of 2022 *grew up together* in the halls of Sandwich High School/STEM Academy. From STEM dances, freshman seminar, and three school years defined by COVID, the Class of 2022 has persevered and grown *better together*.











KINGS
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KINGS
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KINGS

CLASS OF 2022 TOGETHER

McCaela Acord

Clubs: Sandwich Soul, National Honor Society, Diversity Club (PR Secretary), Chicas For Change, KTC, International Studies, Model United Nations, Science National Honor Society, Fiber Arts Club, Book Club

Sports: Softball

"I like getting older. I feel like I'm finally aging into my personality" - Nick Miller, New Girl

Nicholas Alvernaz

Clubs: International Studies - Secretary General, DECA, Jazz Band, Debate Team, Class Officer (Vice President, 9 -11)

86 High School!

Allison Barbaro

Austin Barnes

Cameron Benjamin

Charles Billard

Sports: Soccer, Football, Wrestling, Baseball

"Everything will be fine by the weekend"-Mac Miller

Samantha Aycock

Clubs: KTC, Sandwich Soul, Fiber Arts, Book Club

"Where have you been loca?" - Sadie Biron everyday 2020-2022

Daniel Bader

Clubs: Science National Honor Society (Vice President), National Honor Society

Sports: Football (Captain), Lacrosse (Captain)

"Where's my Sam linebacker?" - John Napoleon

Caroline Barrett

Clubs: Student Council (Secretary), Latin Club (President), National Honor Society (Service Hours Manager), Chicas for Change, Best Buddies, UNICEF, Key Club

Sports: Hockey (Captain) and Lacrosse.

"Satisfaction lies in the effort, not in the attainment." Mahatma Gandhi

Owen Beaton

Sports: Soccer, Basketball, Baseball

"The future ain't what it used to be." - Yogi Berra

Sadie Biron

Clubs: SHS Instrumental Band (Section Leader), Fiber Arts Club, SHS Book Club

"Rogue One, pulling away" -Bodhi Rook

Madelyn Boen

Clubs: UNICEF and Key Club

"A life ain't a life 'till you live it" - Mac Miller

Tala Boura

Clubs: National Art Honor Society, Multicultural Club, International Student Ambassador

"Freedom is not the ability to do whatever you want. Freedom is the strength of character to do what is good, true, noble and right." Matthew Kelly

Oskar Bouvier

Arianna Brennan

Clubs: Sandwich Soul, KTC, Book Club.

Sports: Cheerleading (Captain)

"You see everything when the world doesn't see you" -Liz Taylor AHS Hotel

Sierra Brigham

Sports: Basketball (Captain)

Paige Burkey

Clubs: KTC (Co-President), Sandwich Soul (Alto Section Leader), Senior Class Officer (Vice President), Mu Alpha Theta (Treasurer), National Honor Society, Chicas for Change

"Sometimes I wish that I could freeze the picture and save it from the funny tricks of time. Waving goodbye with an absent minded smile" - Mamma Mia

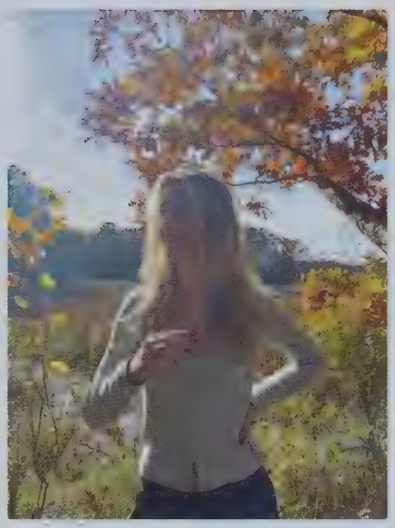
Brandon Cahoon

When it feel like livin's harder than dyin'
For me givin' up's way harder than tryin'
-Kanye West

Alex Bova

Sports: Football

"Nothing in life is impossible as long as you take that first step."



Sara Bova

"The office, season 1, episode 1, minute 13:27."

Lillian Brooks

Clubs: Sandwich Soul

Sports: Cheer (Captain)

"I used to be jealous of Harry Potter for being able to talk to snakes...turns out I've been doing it for years"

Callahan Burgess

Clubs: National Honor Society (Induction Leader), Science National Honor Society, Key Club (Web Master)

Sports: Tennis

"Oh yeah I just graduated high school!"-Mac Miller

Brady Campbell

Sports: Basketball and Baseball (Captain)

"Isn't it funny how day by day nothing changes but when you look back everything is different" - C.S. Lweis

Willow Campuzano

"Veni, Vidi, Vici" - Julius Caesar

Maxfield Capron

Clubs: Robotics Club, KTC (Tech Crew), Jazz Band, Instrumental Band - Tenor Saxophone, Section Leader

Sports: Sailing

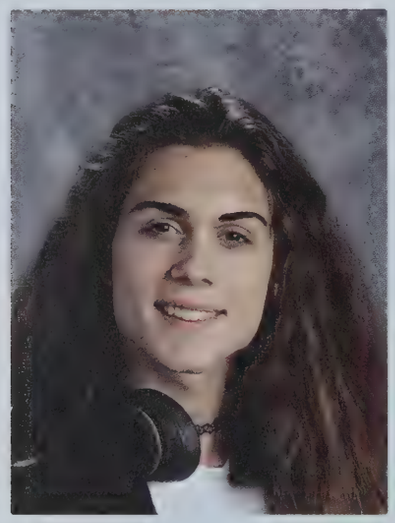
"With time become wise."

Bridget Carrera

Clubs: Key Club, National Honor Society, Science National Honor Society, Quill & Scroll Honor Society, Yearbook Club

Sports: Tennis and Field Hockey

"If you continue to work hard, let that be the fuel to your fire."
-Pitbull



Evi Clinton

Delaney Cochrane

Clubs: Senior Class Officer (Secretary), Sandwich Soul (Section Leader and Dance Captain), SHS Best Buddies (President), Adaptive Dance (Vice President), National Honor Society

"Be kinder to yourself. And then let your kindness fill the world."
-Pema Chödron

Conner Coutinho

Sports: Football (Captain) and Wrestling (Captain)

"Being perfect is not about that scoreboard out there. It's not about winning. It's about you and your relationship with yourself, your family and your friends."-Coach Gary Gaines

Kate Cowan

Clubs: Key Club and UNICEF

Sports: Field Hockey and Lacrosse

"The struggles along the way are only meant to shape your purpose"
- Chadwick Boseman

Aimee Champange

Clubs: KTC, Diversity Club, International Studies

"Mid-youth crisis all said and done" - Hozier, Jackie and Wilson

Everett Chapman

Clubs: Sandwich Soul (Section Leader)

Sports: Swim and Dive (Captain)

"Are you the flashbulb guy?" - Robert Carbone

Grace Cohen

Clubs: UNICEF (President), Best Buddies, National Honor Society, Key Club

Sports: Soccer (Captain) and Basketball (Captain)

"My bags been packed since freshman year"

Breanna Cole

Clubs: KTC

Sports: Cheerleading

"My life feels like a test I didn't study for"

Skyler Cunniff

Clubs: International Studies Club and UNICEF

"Whom have I in heaven but you? And earth has nothing I desire besides you. My flesh and my heart may fail, but God is the strength of my heart and my portion forever." Psalm 73:25-26

Ella Curley

Clubs: Adaptive Dance, Key club, Best Buddies, UNICEF

Sports: Soccer

"Don't count the days, make the days count."

Sarah Currey

Clubs: Math Honor Society,
National Honor Society,
National Science Honor Society,
Model UN, Key Club,
Class Officer (PR Secretary)
Math League, Book Club, Pep Band

Sports: Field Hockey, Ice Hockey,
Sailing Team (Captain)

"In the beginning the Universe was created. This has made a lot of people very angry and has been widely regarded as a bad move." - Douglass Adams

Tate Dalpe

Sports: Football

R.I.P. Coach John Napoleon
07/21/1949-11/2/2021

Kira Dean

Begin every day with a kind heart

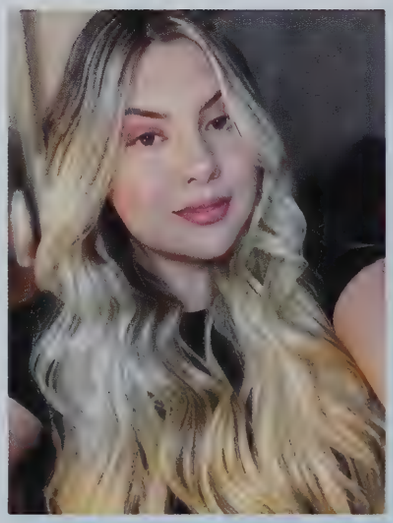
Payton DeSilva

Madison Early

Clubs: National Arts Honor Society (Vice President)

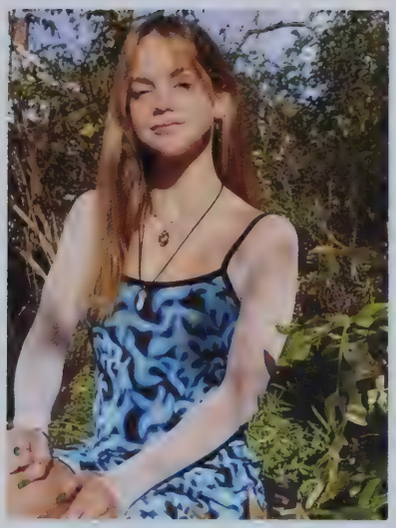
Sports: Softball

"Wisdom's a gift, but you'd trade it for youth." -Vampire Weekend, Step



Eduarda Esser

Thank you father, mother, sister, Mrs. Oliveira and Mrs. Rezendes. O my goodness I'm done.



Claire Davies

Walker Davis

You don't gotta be perfect, just keep it real.

Matthew DiGiacomo

Clubs: Key Club (Vice President), Latin Club (Director of Community Service), Ski Club

Sports: Soccer (Captain), Hockey, Lacrosse

"Sometimes I'll start a sentence, and I don't even know where it's going. I just hope I find it along the way."- Michael Scott

Emma Dintino

Clubs: Latin Club

Sports: Field Hockey (Captain), Lacrosse, Indoor Track, Outdoor Track

"Don't take life too seriously. No one makes it out alive" - Elbert Hubbard

Jake Falcey

Sports: Basketball

"79% of stair accidents happen on the stairs." - Gumball

Nadia Fegela

Clubs: Book Club (President) and National Honor Society

"There's no way this is really happening. You mean I'm not a sophomore anymore?"

Brennan Finn

Clubs: DECA and Key Club

Sports: Baseball

"I'm nice at ping pong"-Kanye

Margherita Fomasi

Sports: Swim Team

"You only know yourself when you go beyond your limits." -Paul Coelho

Ariya French

Sports: Swim and Cheerleading

"Reach for the stars so if you fall, you land on a cloud" - Kanye

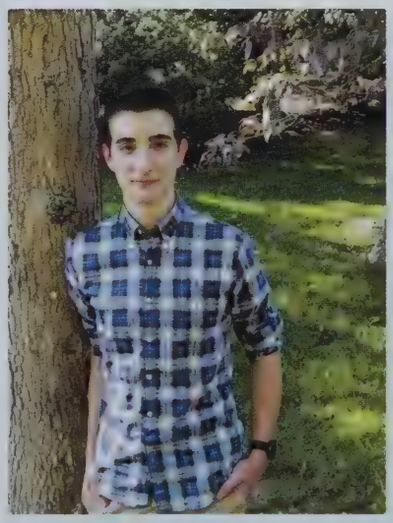
Noah Frost

"If you have no names in the hat, how can you expect to be drawn from it? You can't." - Félix Lengyel

Ariana Glick

Clubs: National Art Honor Society (PR Secretary), National Science Honor Society (PR Secretary), Mu Alpha Theta (Secretary), National Honor Society, Diversity Club, Book Club

"Excess is part of my nature. Dullness is a disease." -Freddie Mercury



Paul Grabowski

Sports: Cross Country, Indoor Track & Field, Outdoor Track & Field

"When you hit a brick wall just knock it down and continue walking."

Riley Fortin

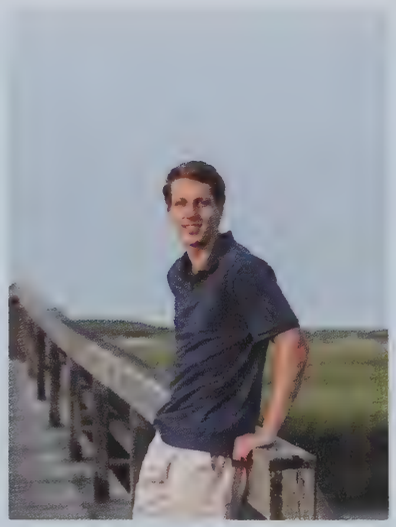
Clubs: KTC Tech Crew

"You owe your entire life to the universe, yet it owes you nothing back."

Brenna Franklin

"Butterfly fly away, butterfly fly away Flap your wings now you can't stay Take those dreams and make them all come true"
-Billy Ray Cyrus

Sarah Gaulin

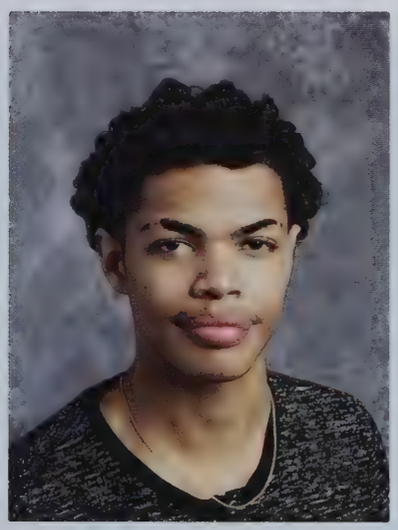


Connor Gill

Clubs: National Honor Society and Mu Alpha Theta

Sports: Football (Captain) and Wrestling (Captain)

"Chicken?"



Jermaine Green Jr.

Madeleine Greer

CLASS OF 2022

Kevin Griffin

"Graduation is not the end its the beginning."

Charles Gurner

Kathryn Hawkins

Sports: Field Hockey and Ice Hockey

"I actually go by my middle name, Paige."

Annabel Helfer

"It's gonna be legen - wait for it - dary." - Barney Stinson

Susan Higgins

Clubs: Mu Alpha Theta (President), Adaptive Dance (Vice-President), National Honor Society, Chicas For Change, Diversity Club, Best Buddies

Sports: Football Manager

"We need to be allowed to convince ourselves that we're more than the mistakes we made yesterday. That we are all of our next choices, too, all of our tomorrows."
Anxious People by Frederick Backman

Ella Hofmann

Sports: Tennis

"You just do what you can and you have as much fun as possible." - Frank Ocean

Emma Hair

Clubs: National Honor Society (Vice President), Chicas for Change (Vice President), Diversity Club, National Art Honor Society, KTC (Tech Crew), Fiber Arts Club, International Studies, Book Club

I meant to move to Sandwich, Illinois but this works too I guess.

Eric Harbilas

Clubs: Band

Sports: Football, Wrestling, Lacrosse

"Dead Bug" - Coach Nap

Matthew Hemeon

Clubs: Key Club

Sports: Hockey and Soccer

"People change and things go wrong, but just remember life goes on" -Mac Miller

Benjamin Hicks

"Ain't no sense in me lying as if I am a different man and I could blame my environment but there ain't no reason why I be buying expensive chains." -JAY-Z

Thomas Hogan

Clubs: Math Team, DECA, Key Club, National Honor Society

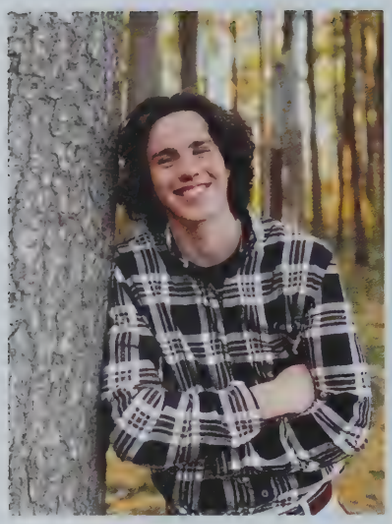
Sports: Soccer

"In this world you either crank that soulja boy or it cranks you" - Soulja Boy

Ethan Hollett

Sports: Baseball

"You just gotta keep livin', man. L-I-V-I-N."



Liam Houlihan

Clubs: Latin Club (Treasurer)

Sports: Baseball and Swim

Samuel Hovda

Michael Itri

Ethan Johnson

Caitlin Kelly

Clubs: Science National Honor Society (Secretary), National Honor Society, Key Club (Secretary), Quill and Scroll Honor Society

Sports: Cross Country (Captain) and Outdoor Track and Field (Captain)

"You can't go back and change the beginning, but you can start where you are and change the ending" - C.S. Lewis

Anthony Kent

Sports: Hockey and Lacrosse

"The pain of regret is far worse than the pain of discipline"

Madison Howes

Clubs: Chicas For Change, Best Buddies, National Honor Society

Sports: Football Manager

"Welcome to the real world, it sucks. You're gonna love it!" - Monica Gellar

Maria Hurley

Clubs: Key Club (President) and National Honor Society

Sports: Lacrosse and Swim (Captain)

"Better to not know which moment may be your last. Every morsel of your entire being alive to the infinite mystery of it all." -Jack Sparrow

"This is either madness or brilliance." "It's a miracle how often those two traits coincide." -Jack Sparrow

Monica Johnson

"The quality, not the longevity, of one's life is what is important" - Martin Luther King Jr

Kevin Jordan

Sports: Hockey, Soccer, Lacrosse

"The more you seek the uncomfortable, the more you will become comfortable." -Conor Mcgregor

Shoutout to my family, friends, and coaches who had to deal with me along my journey. I appreciate all of you and I would not be the kid I am today without you all. Peace out SHS.

Sarah Kinney

Sports: Basketball and Soccer

"Not all goodbyes are sad. Example: goodbye school"

Eunan Kirby

Sports: Swim (Captain)

"I've spent 4,680 hours of my life all for a piece of paper and a handshake"

Sean Lansing

Sports: Basketball (Captain)

"Oh yes, the past can hurt. But from the way I see it, you can either run from it, or learn from it" -The Lion King

Aiden Lapp

Clubs: National Honor Society, Key Club, Mu Alpha Theta, Math Team

Sports: Soccer (Captain)

"I'm a star, how could I not shine" - Kanye West

Emily Lopes

Clubs: KTC and Key Club

Sports: Swim Team (Captain) and Tennis (Captain)

"'I don't expect we'll ever see eachother again'
'I wouldn't be so sure'" Tyrion Lannister & Jon Snow- Game Of Thrones

"We didn't even realize we were making memories, we just knew we were having fun"- Winnie the Pooh

Ryan MacDonald

Clubs: DECA

Sports: Football and Lacrosse

"I'm just a simple man trying to make my way in the universe" -Jango Fett

Tatiana Maragozakis

"Come on, let's get this show on the road" -Mamma Mia

Alexander Marancil

Clubs: National Honor Society

Sports: Baseball (Captain)

"Ok so this kinda reminds me of when u like, because oftentimes you decide, the ur just like ya ok whatever i guess, honestly you tbh.
- Jah

Samantha LeBlanc

Clubs: National Art Honor Society (President), Diversity Club (Secretary), National Honor Society (Service Project Coordinator), Science National Honor Society, Civic Action Team, KTC, Fiber Arts

"The most important thing, darling, is to live a fabulous life." - Freddie Mercury

Katelyn Lerch

Clubs: National Honor Society and Key Club

Sports: Soccer and Tennis (Captain)

"Sometimes you will never know the value of a moment until it becomes a memory" - Dr. Suess

Drew MacKinnon

Clubs: Key Club

Sports: Soccer, Lacrosse, Hockey (Assistant Captain)

Olivia Manuel

Clubs: Chicas for Change, National Honor Society (Induction Planner), National Art Honor Society (Treasurer), Environmental Club

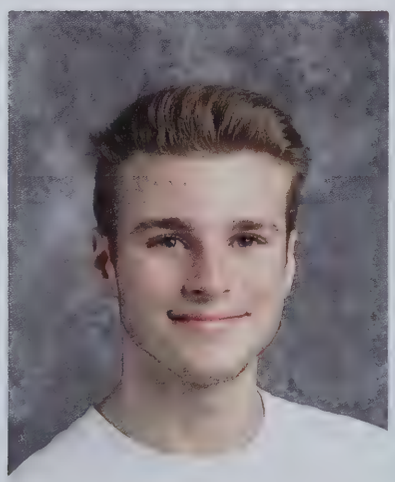
Sports: Spring Sailing (captain)

In STEM I wrote "4 more years" for our 3-word video, little did I know I was going to college for at least another 6.

Owen McDevitt

Clubs: KTC and Sandwich Soul

"Sometimes, you gotta close a door to open a window." -Tyler, the Creator



Andrew McGee

"It's Not About The past, It's about the courage to move forward and do great things"

Cole McInnis

Clubs: Key Club

"I am not a fan of books" - Kanye West

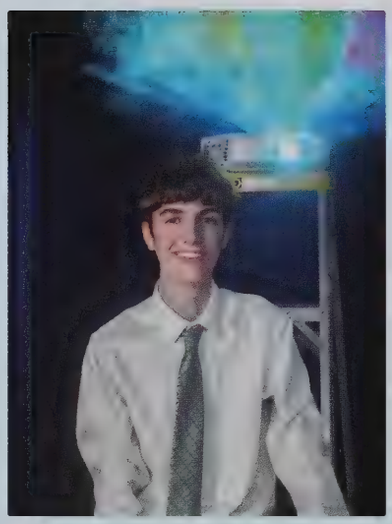
Haley McLaughlin

Sports: Field Hockey

I wish there was a way to know you're in the good old days before you've actually left them." - Andy Bernard

Aaron Menard

"Cause we all just wanna be being rockstars, livin in hilltop houses driving fifteen cars" Nickelback



Raphael Milburn

Clubs: KTC (Co-President), Diversity Club (Co-President), Sandwich Soul (Section Leader), Knight Life (Executive Producer), National Honors Society, Superintendent's Council Member, International Studies

"Before I go, I want you to know that you were fantastic. Absolutely fantastic. And, do you know what? So was I." - The Doctor, "The Parting of Ways"

Lilly Moore

Clubs: National Honor Society, Chicas for Change, Key Club, UNICEF

Sports: Field Hockey and Tennis

"Your future is only as good as the work you put into it." - Steve Jobs

Samantha Morelli

"You're a woman with a brain and reasonable ability. Stop whining and find something to do" - Violet Crawley

Alexis McNeil

Dominick Medina-Wilson

Aiden Molloy

Clubs: Key Club

Sports: Soccer and Lacrosse

"Hey guys, you ready to let the dog's out?" - (Alan from the hangover)

Clara Moniz

Clubs: National Honor Society, Science National Honor Society, Best Buddies (Vice President), Key Club

Sports: Soccer and Lacrosse

You never really know, but when they know, you'll know. You know? - Crush The Turtle

Patrick Morin

Clubs: Quill and Scroll Honor Society

Sports: Football (Captain) and Track and Field (Captain)

"Do what you have to do so you can do what you want to do" - Eric Morin

Paige Morris

Clubs: National Honor Society, Diversity Club (Treasurer), KTC Tech Crew Representative and Stage Manager)

"Big flashy things have my name written all over them. Well... not yet, give me time and a crayon." - The Eleventh Doctor, Season 5, Episode 14

Joseph Morrison

Sports: Soccer (Captain) and Baseball

Maria Mozeleski

Clubs: National Honor Society and Science National Honor Society

Sports: Volleyball (Captain)

"At the end of the day I'm walking with the heart of a lion" - Kid Cudi

Delaney Nixon

"Your future is only as good as the work you put into it"

Joseph O'Regan

Seeqan Paul

Lily Pegram

Emma Murphy

"Success comes from failure, not from memorizing the right answer"
- Donald Trump

Ryan Murphy

Adielys Otero

"Futures don't make themselves, you just have to create them"

Cora Palomar-Nelson

Clubs: Chicas for Change (President), Latin Club (Recording Secretary), Debate Team, Sandwich Soul, National Honor Society, Science National Honor Society

Sports: Swim Team (Captain),

"A word after a word after a word is power."- Margaret Atwood

Marissa Peterson

Clubs: National Honor Society, Sandwich Soul, Knights Theater Company, Adaptive Dance

Sports: Tennis

"How lucky I am to have something that makes saying goodbye so hard"
-Winnie The Pooh

Tyler Pino

Sports: Golf

"Rejection is overrated"

Phoenix Pleso

Trinity Poon

Clubs: Diversity Club (Co-President), Band, Book Club, National Honor Society, Mu Alpha Theta, Diversity, Equity, and Inclusion Advisory Committee

Sports: Swim and Dive (Diving Captain)

"Oh, I do hope there'll be some sort of scandal." - Liza Klaussman, Villa America

Connor Prindle

Sports: Baseball

Those who live for something bigger than themselves have the most to gain.
- Connor Prindle

Morgan Ramsey

Clubs: UNICEF (Vice President) and Key Club

Sports: Lacrosse, Soccer

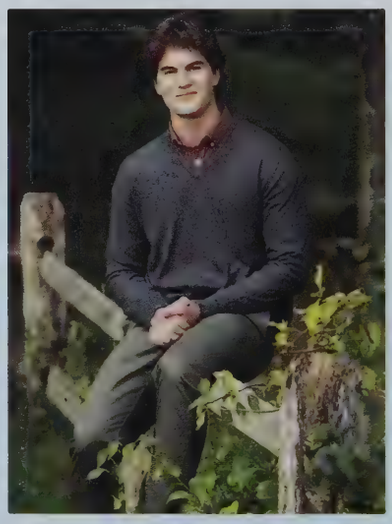
"ABCDEFG, I have to go"
- Kourtney Kardashian

Patrick Richards

Clubs: Key Club

Sports: Hockey and Lacrosse

"If you don't believe in yourself why is anyone going to be live in you?"-Tom Brady



Caleb Richardson

Clubs: Science National Honor Society

Sports: Hockey (Assistant Captain) and Lacrosse

All I regret is not having more time. Thank you Sandwich High School for two incredible years.

William Poon

"Keep it simple, stupid."

Bowen Potter

"Hope is the only thing stronger than fear."

Saad Rashid

Clubs: Best Buddies, Art Club, Drumming Club

Maya Reissner

"Where'd all the time go? It's starting to fly." - Dr. Dog

Alexis Roan

"I hate being late... but I'm so good at it."

Benjamin Sabin

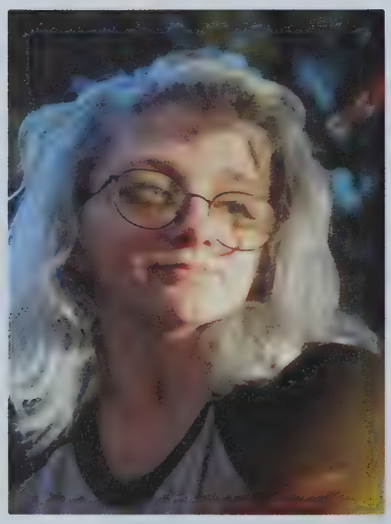
Sydney Sawyer

Sports: Soccer, Track & Field, Cross Country, Ice Hockey (Captain)

"I'm not sure what my future holds, but I promise it won't be boring."

Maya Schauber

"Be as you wish to seem."
-Socrates



Eli Sheppard

"Math wasn't my strong suit. Nor was anything, really."

Skylar Simpson

Clubs: KTC Tech Crew, Civic Action Team, National Art Honor Society, Chicas For Change

"You don't have to be perfect, just don't be boring."

Aiden Spurr

Sports: Basketball and Football (Captain)

"Make the money, don't let the money make you" - Sleepy Hallow

Jake Steeves

Clubs: DECA

"Waiting for my peak in my 20s..."

Adam Schwager

Clubs: National Honor Society and Key Club

Sports: Golf, Basketball, Baseball

"Don't be afraid to give up the good to go for the great" - John D. Rockefeller

Michael Seeley

Clubs: DECA

Sports: Baseball

"Naps are awesome" - Kanye West

Dominick Smith

Sports: Baseball

"Hey kids, I told you I was good looking in high school!"

Timothy Souza

Sports: Lacrosse (Captain) and Basketball

"They say u r who you eat... (That's funny) I don't remember eating a goat" -Young Thug

Maximillian Sullivan

Clubs: International studies

Sports: Cross Country (Captain), Indoor Track (Captain), Outdoor Track (Captain)

"History will be kind to me for I intend to write it." -Winston Churchill

Erica Sundermayer

Clubs: International Studies (Secretary General), National Honor Society, Mu Alpha Theta, Science National Honor Society

Sports: Volleyball (Captain)

"The chances of finding out what's really going on [in the universe] are so absurdly remote that the only thing to do is say hang the sense of it and just keep yourself occupied" - Douglas Adams, The Hitchhiker's Guide to the Galaxy

Hosah Surla

Jacob Sutton

Clubs: Key Club, UNICEF

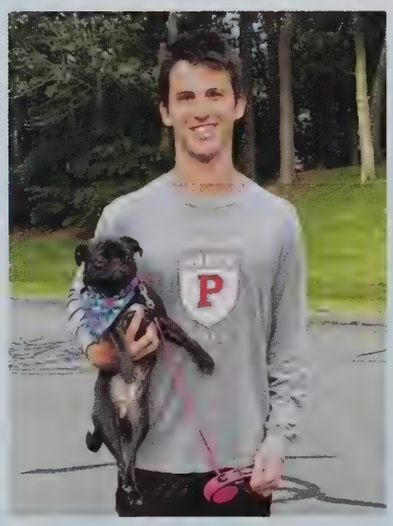
Sports: Soccer (Captain), Lacrosse

"It's a marathon, not a sprint, but I still gotta win the race" -Drake

Dylan Sylvia

Clubs: Key Club, DECA

"Get busy livin', or get busy dyin'."



Patrick Teravainen

Sports: Football

"It takes a long time to grow young"

Lily Tobin

Clubs: Key Club, Student Council

Sports: Varsity Field Hockey (Senior Captain), Varsity Ice Hockey

"My Vibe Right Now Is Just Living Life" -Kourtney Kardashian

Madison Vachon

Mary Swift

"I will still and always be, counting down the days until Friday"

William Swift

Sports: Basketball

Allie Timmerman

Clubs: Adaptive Dance Club (President), National Honor Society (President), Mu Alpha Theta (Vice President), Senior Class Officer (Treasurer), Science National Honor Society, Quill and Scroll Honor Society, Chicas for Change

"Days will be long but the years will fly right by. We'll never be as young as we are tonight." - Old Dominion

Zachary Tobey

Sports: Soccer

"Put God first and you will never be last."

Jacob Varney

Clubs: Yearbook Club (Editor), Quill and Scroll Honor Society

Sports: Winter Track and Field

"Can I be excused for the rest of my life?" -Spongebob SquarePants

Emma Viscariello

Clubs: KTC (Knights Theater Company) 7-10

"Once a Wildcat, Always a Wildcat!" -Troy Bolton (High School Musical 3)

Amna Waheed

Clubs: National Honor Society, Best Buddies, Unified Art Club

Sports: Football Manager

"Fresher than a pillow with a mint on it."
- Aubrey Graham

Reese Walbridge

Clubs: Sandwich Soul, Chicas for Change, KTC

John 3:16-17, Proverbs 3:5, 2 Timothy 2:11-13
Thank you to my family for your unconditional love. Thank you to my teachers for all your support, and to my friends for the memories we've made. Thank you God for showing me who I am, but more importantly who you are. Congrats everyone!
"Don't shine so others can see you. Shine so that through you, others can see Him."
C.S. Lewis

Jordan Willis

Clubs: Science National Honor Society and National Honor Society.

Sports: Track and Field

"Don't you worry your pretty little mind, people throw rocks at things that shine"
- Taylor swift

Jesse Woodill

Clubs: Science National Honor Society

Sports: Lacrosse (Captain)

I couldn't decide on a good rap quote

Charles Watters

Clubs: Key Club

Sports: Football and Lacrosse

"I finally learned how to right good"

Ashleigh Whiddon

"If every porkchop were perfect, we wouldn't have ho dogs."

Aidin Yetmen

Fall 2021 Football

Captains

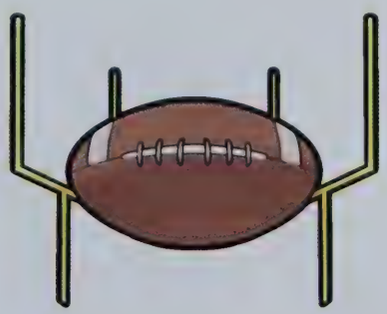
From left to right: Aiden Spurr, 12, Connor Gill, 12, Dan Bader, 12, Brady Carroll, 11, Conner Coutinho, 12, and Patrick Morin, 12

Sandwich Makes History

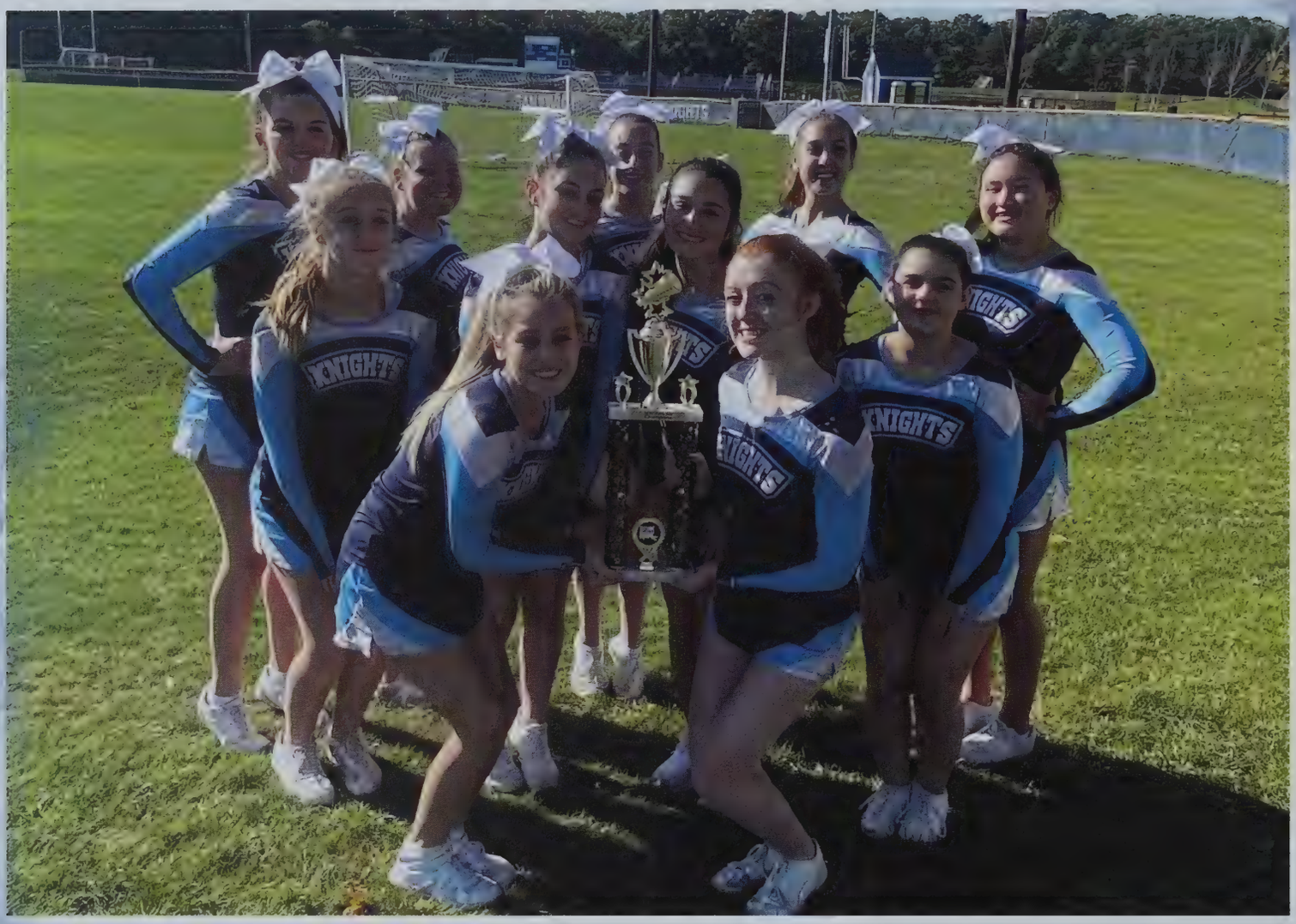
Sandwich High School's Blue Knights made history by making it to the playoffs for the first time in school history, creating excitement and school spirit. Their hard work made it possible for them to go the farthest the school has ever been in playoff history. They defeated Norwell in their first playoff game and lost to eventual champions Abington in the next round. Coaches, parents, and players were proud of their accomplishments and will never forget the season that they had. The seniors couldn't ask for better guidance along the way from the coaches.

Never forget Coach Nap...

Many people can say that Coach Nap made a difference in their life. Coach was a father, husband, brother, and son who impacted others. Not only was he a coach but he was also a favored substitute teacher at Sandwich High School.



Cheerleading



Teamwork Makes the Dream Work

There is a lot that goes into preparing for the cheer team. For these ladies, their season started before the school year, and their pre-season taught them valuable information about how this team has to function together. Captain Arianna Brennan, 12, explained that "There are about thirty cheers making up around two hundred motions. It really is a challenge to understand and learn these movements by working together."

The cheer team also got to interact with the fans and students during the game. After coming back from having no fans at games from the pandemic season, this made the in-person support from the student section even more special. It really guided the team to do better. Arianna Brennan, 12 stated that "Having the support was a really great feeling as an athlete."

The Seniors

Emily Lopes (Team Manager), Arianna Brennan, Lilliaan Brooks, Breanna Cole
(Left to Right)

The team came together during a power outage and extreme weather challenges to prepare for another competition. Dedication is something that this team has exemplified.

Together We Stand

An important value to help guide this team is to trust your teammates. When you're a flier, you have two people holding your feet and one supporting your ankles. Delia Irving, 9, explained that "In an instant you could fall and get seriously injured, from just a toe sprain to a concussion or worse. It's a must that you trust everyone no matter the circumstance because you can get anyone switched into a different stunt group at any minute." The trust and bond that grew within these teammates through their stunts is what made this team special.

Winners! They won their big Billerica competition

Alexia Ahonen, 9 stated that "The seniors on the team made me feel so supported, a perfect example of being great role models." The seniors include captains Lillian Brooks and Arianna Brennan, a first time cheerleader, Breanna Cole, and lastly their loved team manager, Emily Lopes. Overall, Kiera Crocker, 11 exclaims, "They are truly some of the purest people and created such a happy environment for the athletes."

Senior Captains

Lillian Brooks and Arianna Brennan

The Team In Action

A winning game for this team is about *sticking together* and trying their best. The team huddles together to figure out their game plan with their Coach Kelsey Beaton. They have worked on new plays throughout the year and it paid off.

Haley McLaughlin, 12, Forward Attacker, states, "We work well together as a team, and love our Coach, Kelsey Beaton. Our coach and team have a very close bond and that made the season more successful and special."

Lilly Moore, 12, Defender, states, "My favorite memories were stepping onto the field every game with my best friends. This was more than just a team, ***these girls mean the world to me.***"

Field Hockey

Swooping in to steal the ball, Emma Dintino, 12 and Khloe Schultz, 8, compete against Barnstable. Dintino has shown great leadership qualities for the upcoming team. Sarah Currey, 12, expressed, "We have young players, such as our nice 8th and 9th graders that have really supported the team and learned what it means to be a role model."

Team Championship

With sports looking different this year than previous years, this year took a lot of readjusting. Sarah Currey, 12, shared, "It was a lot of figuring out how we could best play as a group and be a team together. We had to figure out new plays and new techniques." Through the difficulties of playing sports during a time where close contact was regulated, it caused many teams, just like this one, to rethink and relearn their strategies.

Currey continued, "This year I think we really got our footing together. We had a long winning streak and overall we did really well as a team." This team made it to the State Finals. They put up a strong fight, but ultimately lost in a neck to neck game against Watertown. This loss did not define their team, but it encouraged growth.

The Senior Captains had to really step up this year. Captain, Lily Tobin, 12, Center- Midfielder, shared her concepts about certain responsibilities one has when they have a leadership position. She states, " I have to make sure the team is on top of things, and it is important for me to be a role model and a leader especially to the younger girls."

WOMEN'S SOCCER

The Lady Knights come off the field after having a massive victory. This team was filled with a group of incredible, motivated athletes. Captain Grace Cohen, 12, Center Midfielder, exclaimed, "One of the best feelings is working hard with your teammates and having it pay off with a win, I'm very proud of these girls and their accomplishments."

SENIOR CAPTAINS

Maddie Vachon

Grace Cohen

SENIOR NIGHT

Seniors Claire Moniz, Grace Cohen, Morgan Ramsey, Ella Curley, and Maddie Vachon celebrate their victorious win at their senior night game. The seniors played incredibly against Martha's Vineyard for their last home league game of their high school soccer careers.

She shoots and she scores! Lily Hofmann, 10, Center Midfielder, walks off the field with Sophia Ricciardi, 11, and Aubrie Schwager, 9, after she scored. This put Sandwich in the lead and is a snapshot of the qualities Hofmann brings to the team.

Julia Sutton, 10, Defender, juggles the ball swiftly away from Dennis - Yarmouth to help her team gain possession and stay in control. Captain Maddie Vachon, 12, said, "Julia greatly challenged opposing teams with her technical skills."

Welcome to The Team

Megan Jakubicka, 8, is the only 8th grader on the Girl's Varsity Soccer team and is also the starting Midfielder. Jakubicka had been playing soccer since she was seven years old and brought these learned skills to this team. "At the beginning, it was a little nerve wracking and no one really knew me, but after a few games I made friends and it became really enjoyable," Jakubicka stated about her experience as the only 8th grader on the team. Megan's impressionable impact guided the team in a positive way and painted a bright future for SHS soccer.

The Sandwich Blue Knights soccer team ended the season with a record of 5-6-5 clinching a playoff birth. The Knights fell short of their goal at a state title but still had a incredible season

Men's Soccer

Seniors Matt Digiacomo, Aiden Lapp, Matt Hemeon, Jacob Sutton, Joey Morrison, Drew MacKinnon, Owen Beaton, Kevin Griffin. As the Senior class graduates and goes their separate ways, they are going to be missed. They ***worked together*** to bring something to the field that can be used and give a spark for success. We wish the best of luck to the Seniors going forward

A Stellar Season

All-Stars Jacob Sutton and Joey Morrison were both named Cape and Island League All-Stars. The two of them had excellent seasons and showed the rest of the league they deserved to be on the team. As both of the two are graduating, they will both definitely be missed. Sutton was also named an Eastern Massachusetts All-Star: "I am honored to receive these two awards. I feel as if it was a great way to top off senior year with a. bang," Sutton stated.

Captains Aiden Lapp, Jacob Sutton, Matt Digiacomo led the team this season as captains. The three showed leadership on and off the field and were a huge part to the teams success

Senior Jacob Sutton surveys the field looking for a way to get get the ball and rush up field

Maria Mozeleski

Senior Captains Senior Maria Mozeleski and Erica Sundermeyer guide the team through their season. This was their first year being Captains and they took the roll on with pride. As senior captains their job was to be a role model for the rest of the team and help the team through conflicts

Erica Sundermeyer

Volleyball

This season's team had a lot of younger players with only two seniors on the team, Maria Mozeleski and Erica Sundermeyer. The first season ***back together*** was difficult, but our team was pretty good: "We lost a lot of seniors last season so it was a fairly young team. We were working on perfecting the basics for a lot of the season," mentions Sundermeyer. As the season went on, the energy of the team increased and they conquered hurdles.

The team huddied together ready to play another game. Teamwork and communications is always an important part of winning for them.

Dressed in pink, the team supports Breast Cancer Awareness in the month of October during their dig pink game. The team played with courage and kindness as they entered the Volleyball Court.

Lori Horan, Cross Country coach, is an important part of the running community. She ran in high school, in college, and was sponsored by Nike. Coach Horan expressed that "Running is a big part of my life and it has been a good sport to me. I want to give back to the sport that has been good to me." Coach Horan also teaches English and many of her runners are in her classes. "I have a better understanding of their schedules, their full life, and I see them in the classroom and on the field. I get to know them better as a young adult." Even though Horan teaches, she is still learning from her students: "I have learned the perseverance and hard work of cross country runners."

Brigid Kelly, 10, is a multi sport student athlete. She is a star runner for the Cross Country team. Kelly says "Getting to run with my friends after school is super relaxing and fun. When I am going out for harder runs and workouts it can be really mentally challenging, but having my teammates there really pushes me."

Harry Glover, 10, Cross Country athlete, uses his hockey skills out on the track. Glover says, "I wanted to join Cross Country because I wanted to cross train for hockey. I have always loved running and wanted a sport that I could do in the fall because I did not do anything during that time."

Cross Country

The Team includes: Connor Bruni, Nora Cronin, Claire Davies, Brynn Dowie, Lexi Eastman, Jona Forant, Harry Glover, Paul Grabowski, Maria Hurley, Brigid Kelly, Caitlin Kelly, Peter Milburn, Sydney Sawyer, Kate Sheehan, Max Sullivan, Maili Sullivan, Lilli Teravainen, Grace Weiner

Warming up
Girls Cross Country stretches to warm up and prepare for an important meet.

No time-outs, no half times, no substitutions

Cross Country is a big part of Sandwich High School. The Sandwich team has a lot of talented runners, including Coach Horan.

Coach juggles with teaching and coaching on a daily basis, yet she is still able to manage both. Horan says, "They both fuel each other, I get excited teaching and I carry that excitement and enthusiasm out on the field, track, and through the woods."

The Cross Country team has projected their talent through the many meets that they have earned. Their hard work has been put into this team that *some may call family*, and made it the greatest it could be.

Whilst the team brings their motivation to the races, they are all students who have made an impact on each other. As well as being on a team they continue to support and help each other no matter the reason.

Joining the team while they were only classmates, they might not have ever had a bond as strong as some of them do now. Unlike other sports, cross country does not get any time outs, or resting periods. All of the runners have their differences and similarities, but one thing they all share is their love for running.

Warming up
Cross country runners run through the field before meet.

Swinging for Success

Emma Abramson, 11, has played on the girl's state championship team since 8th grade and on the high school boy's golf team since 10th grade: "I had a good time playing with the boys as it was always competitive, fun, and they were very welcoming." Abramson stated.

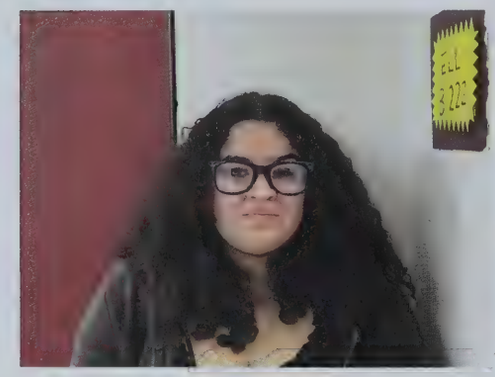
"When its breezy, swing easy"

Coach Brent Pearsall has been coaching golf for the past 17 years and has led the Knights to two state championships. Despite struggling with inconsistency throughout the season, the team was able to make the state championship with good leadership by captain Thomas Hurley and a close victory over Division 2 school Bishop Stang to earn yet another title.

Coming Together Across Multiple Cultures

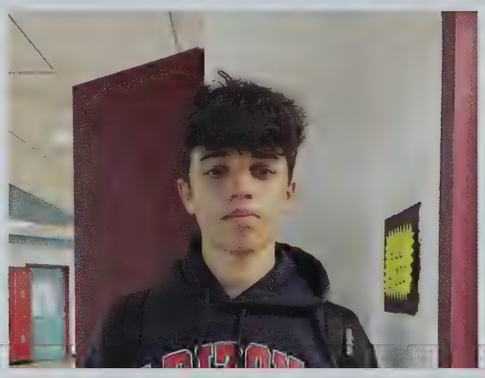
Sandwich's Multicultural Club

Sandwich High School promotes diversity among students to help students learn and become better at English. Mrs. Rezendes works with 12 students: Adielys Otero, Hiury DeOliveira, Bruna Abreu, Isabelly Tavares, Rama Boura, Tala Boura, Eduarda Esser, Doman Kiss, Carolina Esser, Tyson Vu, Stepan Lebedev, and Andrew Miranda. They continue to improve on their studies.



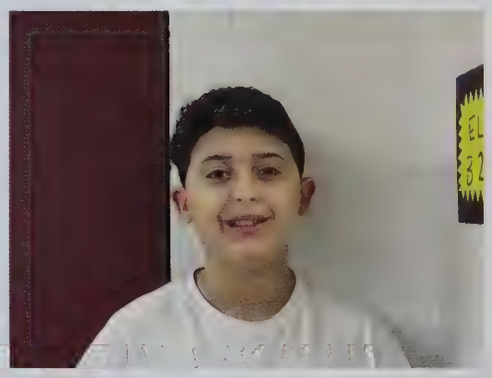
Adielys Otero

My name is Adielys Otero. I was born in Puerto Rico and I moved to Massachusetts when I was 9 years old. I speak Spanish and English. I am now in grade 12 and part of the Choral Music Group and Multicultural Club. One of my favorite places to go is the Sandwich Boardwalk.



Andrew Miranda

My name is Andrew Miranda and I was born in Hyannis, MA into a Brazilian family who speaks Portuguese. From ages 1 to 3 I lived in Brazil, then returned to the USA and learned how to speak English fluently in the Hyannis and Sandwich school districts.



Hiury DeOliveira

My name is Hiury DeOliveira and I was born in the USA but really started learning English when I went to school. Now I speak Portuguese and English. I like to watch Netflix and eat Chinese food. At school, my friends at STEM speak many different languages like Hungarian, Vietnamese, Russian and Portuguese.

Eduarda Esser

My name is Eduarda Esser and I am from Paraná, Brazil. Until I was 16 years old, Portuguese was the only language I knew, even though I lived in Hyannis for two years as a baby, before returning to Brazil. When I was a teenager in December 2019, my family returned to the USA and I started school at Sandwich High School as a Grade 10 student. Since I studied very little English in Brazil, I am still taking English classes. My favorite song is Cida by Xamã feat Agnes. My favorite food is Brazilian barbecue. I also love to play volleyball, go to the beach, work as a restaurant Manager and participate in the Multicultural Club.

Bruna Abreu

My name is Bruna Abreu and I am from Minas Gerais, Brazil. When I was ten, I moved from Brazil to Florida for three months, returning to Brazil for many years until March of 2021. In March, I moved to Massachusetts, stayed a few months in Watertown then moved to Sandwich and am now a gr. 7 student in STEM. Since I only studied English in Brazil for one year, I am still learning English. My favorite song is POV by Ariana Grande. My favorite food is sushi and I love to play tennis, basketball and go to the Multicultural Club and the beach.

Carolina Esser

My name is Carolina Esser and I am from Paraná, Brazil. The only language I knew how to speak until I was 15 years old is Portuguese. I was born in the USA but when I was only 6 months old my parents went back to Brazil. After 14 years of living in Brazil, I returned to Massachusetts to learn English as a grade 9 student at SHS. My favorite singer is Bruno Mars. My favorite Brazilian drink is Tereré and I love to play volleyball, go to the beach to watch the sunset and take part in the Multicultural Club..

Isabelly Tavares

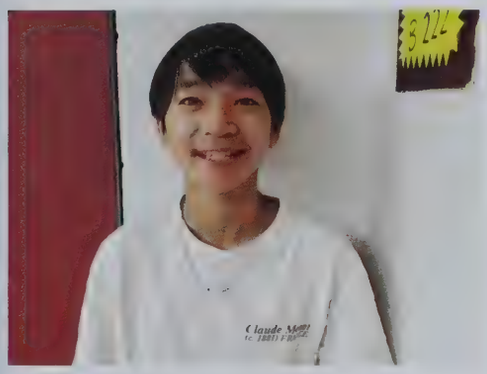
She arrived at SHS and to the USA from Brazil for the first time ever. She is learning English and fluent in Portuguese.
She transferred out to Barnstable a few weeks ago but was part of our program for part of the school year.

Tala Boura

My name is Tala Boura and I am from Bchamoun, Lebanon. I speak three languages: Arabic, French and English. I lived in Lebanon for 15 years before we migrated to Northborough, Massachusetts in March 2020 and later to Sandwich, MA in September, 2020. When I moved to Sandwich, I was in 11th grade at Sandwich High School. I started learning English in 6th grade in Lebanon and am still learning it. I like to paint and draw during my free time and have also joined the Honor Society Art Club and Multicultural Club. I also play basketball and love swimming.

Rama Boura

My name is Rama Boura and I am from Bchamoun, Lebanon. Before I came to America, I only knew how to speak Arabic, French and a little bit of English. I arrived in Boston in March, 2021 and soon after started school in the Sandwich School District as an eighth grader. I liked it alot! This year I'm taking Spanish 1. Some of my favorite things to do are riding horses, playing with my grandmother's cat, spending time with family, participating in the Dance and Multicultural Clubs and making new friends.



Tyson Vu

My name is Tyson Vu and I was raised in a Vietnamese speaking home so I speak not only English but Vietnamese too. When I was a baby, I lived in Hyannis for 4 years then moved to Sandwich in 2014, where I went to the Wing School. I am now in grade 7 and no longer need to take extra English classes. Besides going to school, I like to play soccer, see school plays and pizza is my favorite lunch at school.

Stepan Lebedev

My name is Adielys Otero. I was born in Puerto Rico and I moved to Massachusetts when I was 9 years old. I speak Spanish and English. I am now in grade 12 and part of the Choral Music Group and Multicultural Club. One of my favorite places to go is the Sandwich Boardwalk.

Doman Kiss

Doman is multilingual. He speaks Englsh, Hungarian, and some Chinese. He is currently a 7th grade student at Sandwich STEM Academy.

BELOW: Mrs. Rezendes and her students create Gingerbread houses at school to celebrate the holiday season.

ABOVE: Arthur Campras, 10, at his first SHS swim meet.

Poetry Out Loud

Sandwich High School starts a new tradition of Poetry Out Loud. This year for the first time, the high school hosted a school-wide poetry reciting contest. The event began in each English classroom where students completed the first round; memorizing their poems and performing them for their classmates. From there 32 winners were chosen to perform at the school-wide level. For the first time since before the pandemic, students across all grades gathered in the auditorium. Through this event, the student body was able to unite together and cheer on their classmates to create a supportive atmosphere for the performers.

While all of the contestants did an amazing job, there were three winners. Jenn Perry, and Melanie Howard, both Grade 12 students, tied for second place. The first-place winner was Adam Ferreria, Grade 9. However Adam decided not to continue on to the next round, and instead, Melanie Howard is our school representative in the semi-finals. Congratulations to all contestants and students involved in this event, and we look forward to carrying on this tradition in the future.

Melanie Howard, Grade 11
Runner-Up

Adam Ferreria, Grade 9
Winner

Jenn Perry, Grade 11
Runner-Up

Mr. Stone closes out the event by thanking everyone for attending. Earlier in the year Mr. Stone proposed the idea of Poetry Out Loud and worked tirelessly to make his proposal a reality. However, he could not pull this off on his own so he sought out a group of National Honor Society students to help. Together, the students and Mr. Stone were able to make his vision come to fruition. Thank you Mr. Stone for introducing this wonderful event to our school.

Seniors and National Honor Society Members Paige Burkey and Ray Milburn, act as Master of Ceremonies for the event.

Teachers Hannah Macdonald and Chris Harlow, entertain the audience during the judge's break with an impressive lip-sync battle performance.

Sandwich Soul

Sandwich High School has a big group of Singers and Actors. Sandwich Soul was brought to SHS by Melinda Lasit in 2012 and has an enormous audience. Kids feel safe and welcome when walking into Mrs. Lasit's class. You are able to be who you are and sing how you feel.

Sandwich Soul singing Blue Christmas at their Winter concert.

Mrs. Lasit was part of a semi-professional choir for quite some time. She has always loved musical theater and pop music, so by welcoming Soul into our school, she thought it would be a good idea for kids to let loose and do what they love.

All of Mrs. Lasit's students love to sing and that is what makes Sandwich Soul unique. Soul has a very wide community of people, and they welcome in anyone and everyone.

Tony Santos, 10, has been singing his entire life. Santos says, "I've been singing ever since I was 5."

Sandwich Soul singing at their Winter Concert.

Mrs. Lasit (Choral teacher) has been singing for almost her whole life. Mrs. Lasit explained that, "I just love to sing and I was singing all the time." Mrs. Lasit has been teaching choir for over 25 years and created Sandwich Soul in 2010: "I was teaching at Forestdale for 3 years, and I started Sandwich Soul the second year I was there. They would all come and rehearse at Forestdale at night; then I transferred over to the high school. Students wanted to join the choir to be a part of a community. It's what I love and I wanted to share it with the students."

Owen McDevitt, 12, sings the lead role as Rudolph in the 2021 Winter Soul Concert. Sandiwch Soul sings this song every year as a tradition.

Alto Section Leaders
Marissa Peterson, 12, and Paige Burkey, 12

Soprano Section Leaders
Delaney Cochrane, 12, and Violette Depietro, 11

Tenor Section Leaders
Alex Brennan, 11, and Luke MacDonald, 11

Bass Section Leaders
Everette Chapman, 12, and Ray Milburn, 12

Sandwich Giants

Every year, businesses, schools, and public places in Sandwich carry on the tradition of putting lights up for the holiday season. These statues are created by artist Michael Magyar. Magyar has been creating these statues since 1996 and is planning to continue. They bring festivity throughout the community!

Sandwich Glass Museum: In front of the Sandwich Glass Mueseum lays a statue of a unique and colorful fish.

Canterbury Market: A giant of Santa with his reindeer welcomes customers to the Canterbury Market!

DeWitt Clinton Freemason Lodge: The Freemasons come together to present The Square and Compasses symbol.

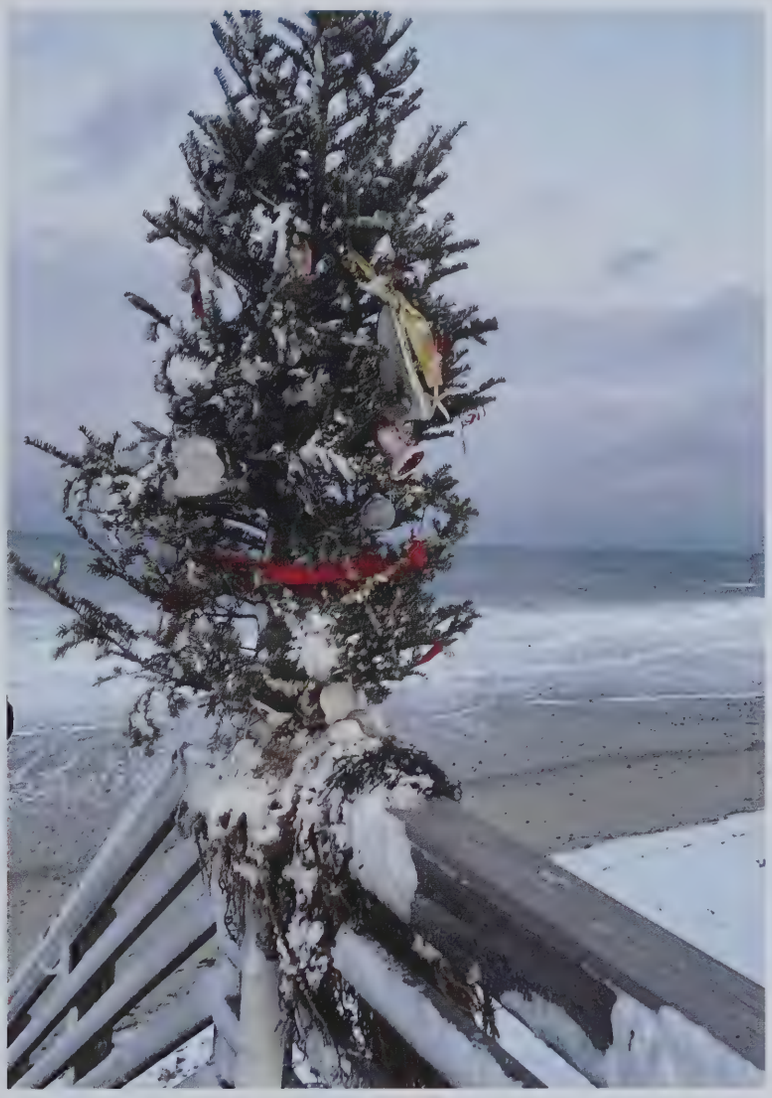
Spaulding: Outside Spaulding Rehabilitation Center, this statue values the strength and hope these patients have throughout the holiday season.

Snowy Owl: With Snowy Owl being a new coffee store this year, there is an addition of giants with a bright owl in front of the store.

Winter in Sandwich

Winter in Sandwich is cold and dark, but there is also a unique charm to a Cape Cod winter. SHS students love snow days and the chance to sled, have snowball fights, and skate on frozen ponds. Some must-sees: a snow-covered beach, icy waves, the annual Christmas tree at the Boardwalk, and the Giants of Sandwich lighting up the long, dark nights.

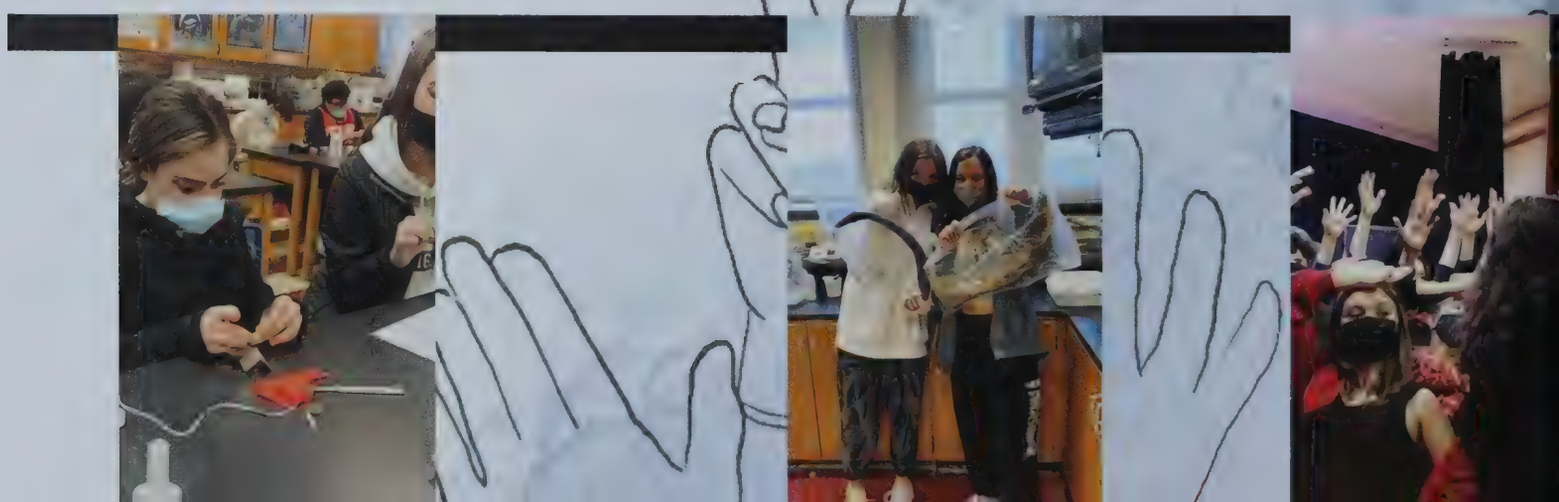
Seniors Samantha Aycock, Mccaela Accord, and Sadie Biron go sledding on a snow day



Kiara Barret 9, " I like to bake christmas cookies for friends and family."

ACADEMIC
COLABORATING

What question are you asking?



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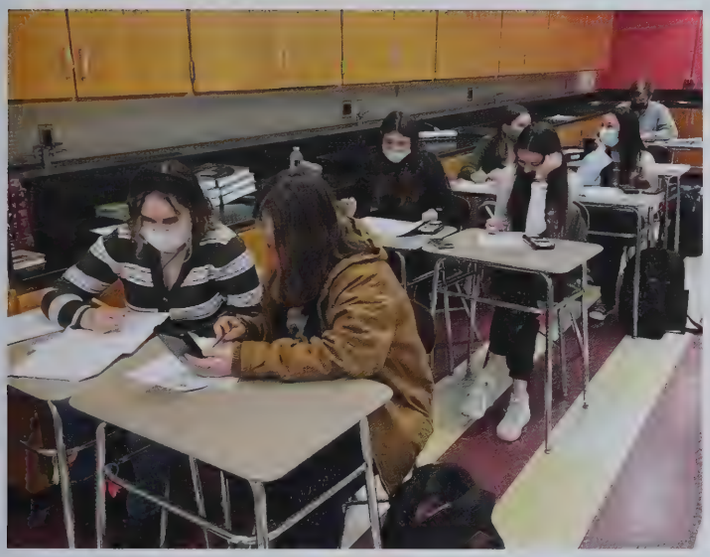
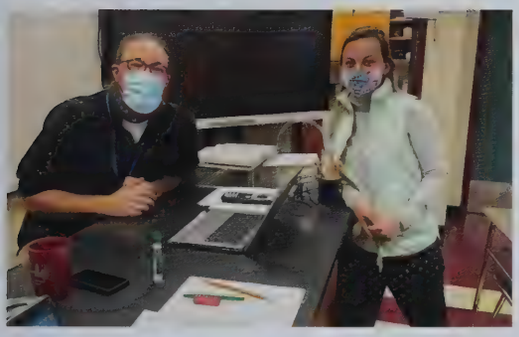
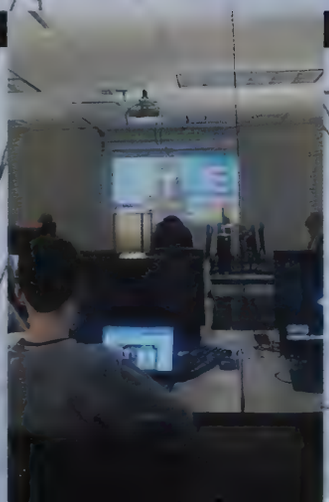
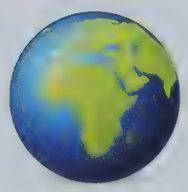


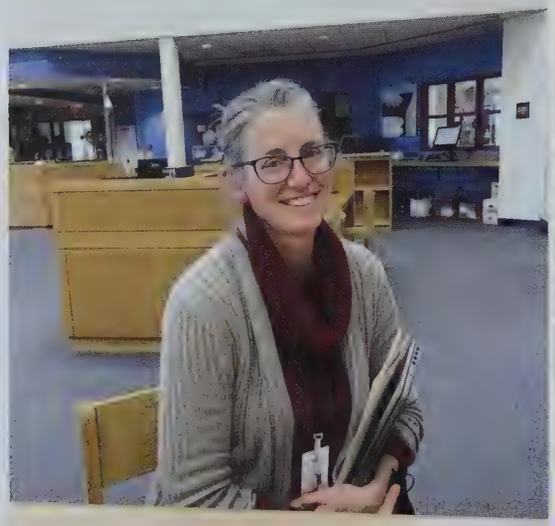




SUPPORTING STUDENTS TOGETHER

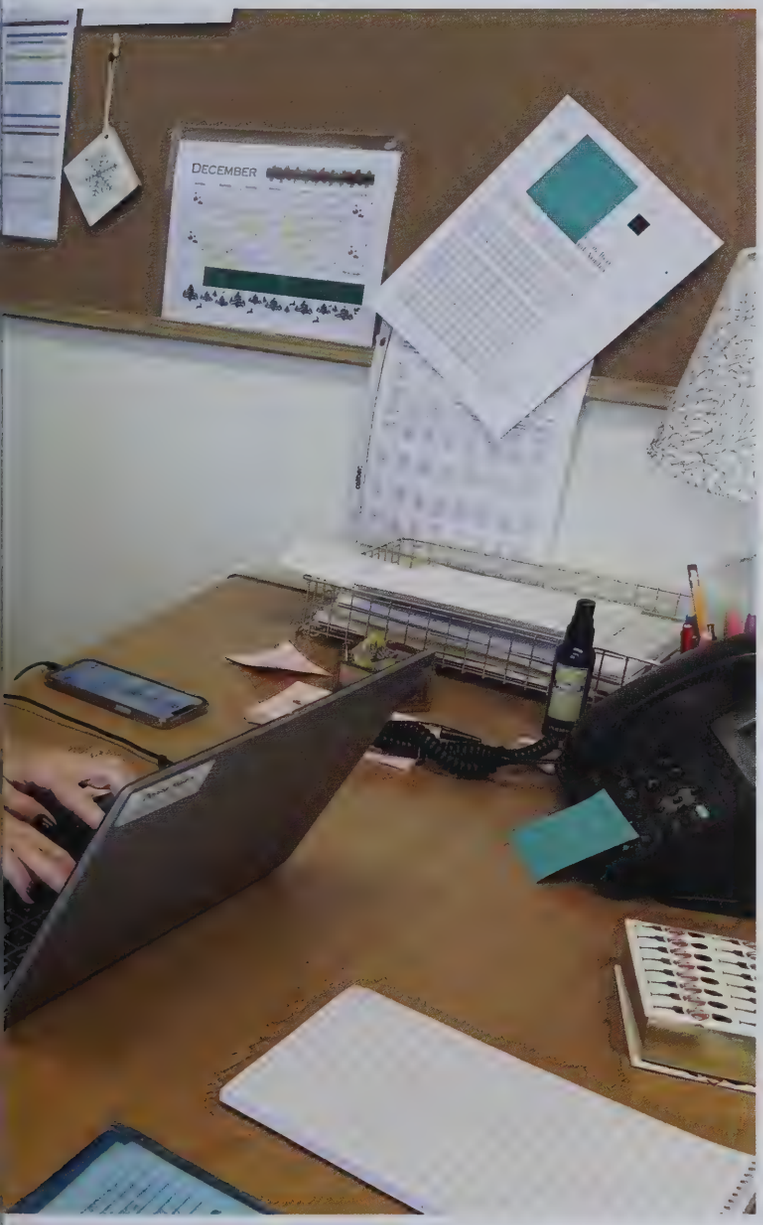


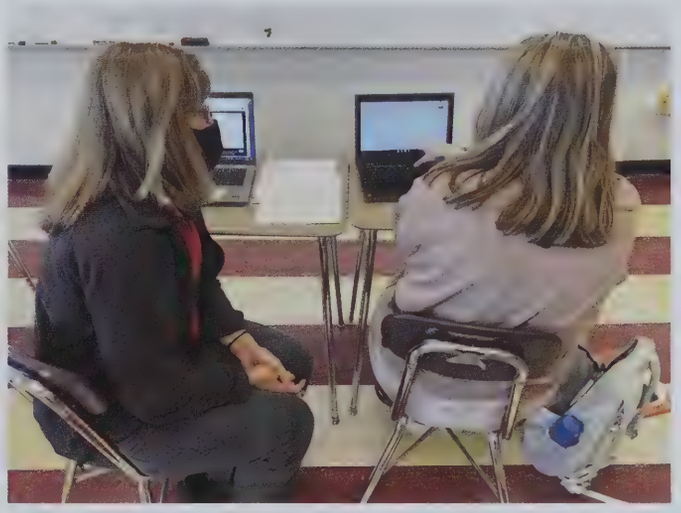
Donna Hillary is the Special Education Department Head. She provides support to teachers, along with overseeing and supporting ESP's. She is the overarching person in providing students with a plan for success, along with working with Special Ed. teachers.



Laurie Wilkinson is a teacher that helps kids access the curriculum through support, through a matter of trying to connect the student with the information. She says, "Student support makes the school as a whole more compassionate, along with, understanding that there is different kinds of learners and making different kinds of education available."

A Career Getting the Best out of Students



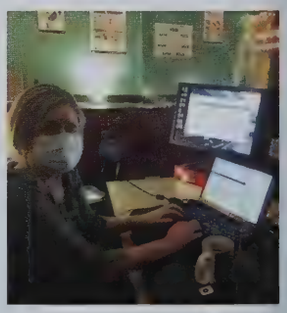


Mrs. King has worked as an ESP for three years, she offers students support to help them succeed. "As you get to know students, I get to know which students need a little push and which don't." Working as an ESP they have goals they need to meet in how they're supporting students. "I do a daily check in and ask them how they're doing."

Mrs. Coutinho, "We work hard to destigmatize mental health, in being able to do that we provide services to all students." Mrs. Coutinho and Mr. Green provide individual or group counseling services, family and community support, along with education in classrooms around mental health and suicide prevention.
Mr. Green, feels student support has "brought overall awareness around staff in paying attention to changes and behaviors, getting to know students, and learning that everyone has a story."

Technology

Mrs. McGrath, Technology teacher, got into technology in college. She took an Intro to Technology course and enjoyed it. The next semester, she was asked to be a teaching assistant: "Technology impacts everything we do in the world," McGrath said. "My students are my career." Her students are currently learning coding and how to do Sprites. Sprites are a two-dimensional bitmap that is integrated into a larger scene.



Mrs. McGrath plans her next class.

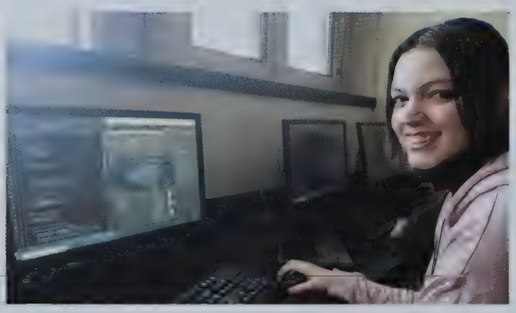
Wood Tech at SHS

Mr. Coakley, Wood Tech teacher, was introduced to woodwork at a young age due to his father being a woodshop teacher. He chose this technology-based class to teach because it is hands-on: "My students are my career," Mr. Coakley said.

Tyler Pino, 12, in Woodshop II uses the chop saw to cut a piece of wood in half for his end of the year project.

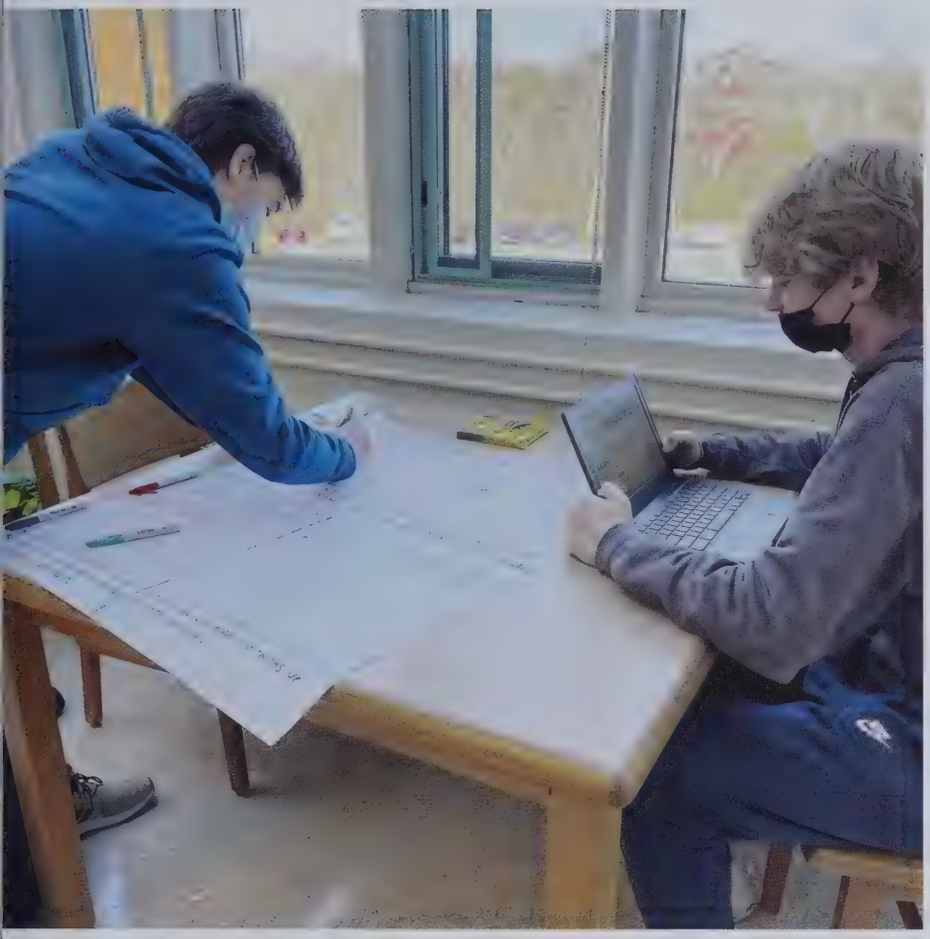
Game Design: A Game-Changing Course

Malcolm Ferguson-Kelly, 11, works on a game where a ball makes cubes disappear: "I like the opportunities to be creative in this class."



Simone Chiarito, 10, is designing a game called Prototype 4 where the player uses a ball to push enemies off of the board: "I like coding and scripting because it's fun."

Luke MacDonald, 11, develops a scroller game where the player's character jumps over obstacles: "I like the technical aspect of coding and scripting games."



Health class students Kurt Moniz, 9, and Cole Rodgers, 9, are creating a poster on the negative uses of illicit drugs.

Health & PE

One of the main lessons Health and PE teachers at SHS try to teach students is the importance of staying active and ft. The majority of the students stay active by either playing sports or working out on a daily basis.

Kevin Powers, 10, says "I stay active by playing lacrosse." Katelynn Braney, 10, adds "I stay active by playing sports and working out occasionally." Hannah Surla, 10, commented that she "stays active by going on runs." Taber Johnson, 10, says "I wake up and workout, I get the rest of my exercise through PE class."

Physical activity should be added to everyone's daily routine. When accomplishing a workout, or lifting weights, you feel empowered by the fact that you have completed something good for your mental and physical health.

Ms. Young, a Health and Gym teacher, stays motivated every day by loving her job. She says, "Honestly, I love my job. I can not imagine not loving what you do every day for almost your whole life." Mental health is an important part of being an active teacher. Ms. Young says, "It's definitely a balance, a balance between mental and physical health. If you are not there mentally you can not be there physically, I am a huge huge believer and advocate for always seeing the positive."

Student Emma Jakubicka, 10, working out in the strength and conditioning class.

Science Department

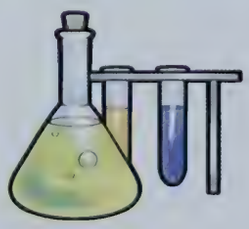
A Five-Star Department

As we enter the Marine Biology classes, Mr.Gilmore warns students of the many dissections in the class. That is not the only thing offered in this class, though. Many students agree that learning about endangered habitats and what made them endangered was one of their favorite parts of the class.

The students completed a Google slide project, and when students were asked about how they would describe this presentation, Jennifer Perry, 11, stated, "It makes me want to learn more, and there's definitely never a dull moment!"

This was one of the dissections done in Marine Biology. Here, the students dissected a starfish.

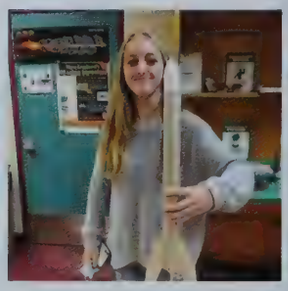
Madison Lawrence, 9, and Alexa Turner, 9, constructed their rockets to make sure they were ready to have them launched.

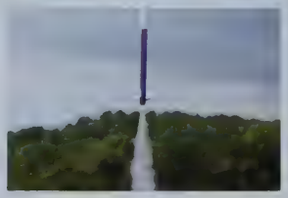


Space - The Final Frontier

This year, Earth, Space, and Applied Physics was required for freshmen. This class was brought back for many reasons, one being because the criteria was current. Mr. Dumas said, "Yes, this class could change overtime, but it will be changing with how the world is going. This class shows students what is happening every day, which is extremely important." Along with this, the teachers have ideal concepts that they want students to take with them, one being that **the more we know, the more we do not know.**

Delia Irving, 9, exclaimed, "The rocket launching was a great way to practice the scientific method, with being able to go back and make changes after."





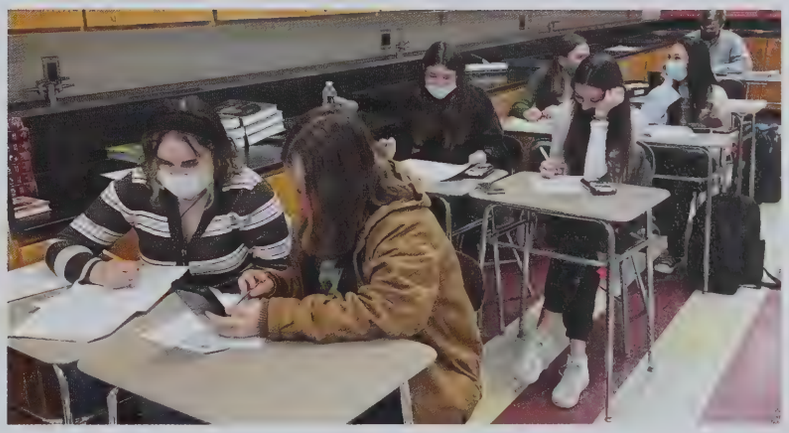
Math

Math assists us with understanding the world and gives a compelling method of building mental discipline. It energizes consistent thinking, decisive reasoning, imaginative reasoning, theoretical or spatial reasoning, critical thinking capacity, and surprisingly usable relational abilities.

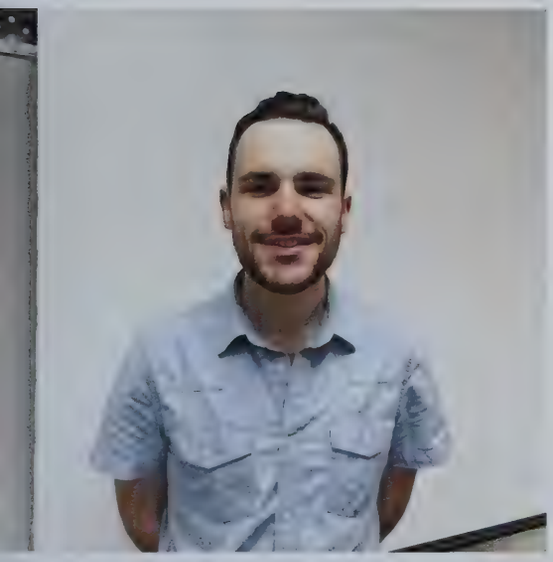
Mr. Aycock, head of the Math Department, went into the military once he graduated high school. After the military, he took a couple of years to think about what he wanted to do.

Aycock decided to go to Westfield State University. With Math being his strongest subject, he decided to major in it. After four years of college, Aycock states, "It gave me a couple years to think about what I wanted to do."

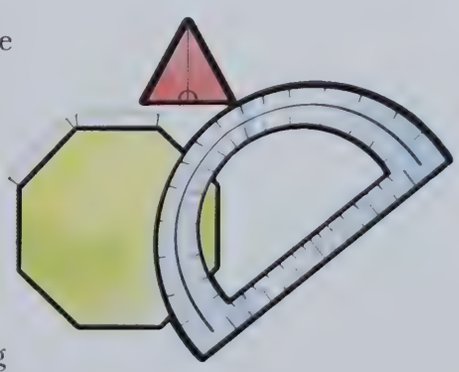
The Sandwich High School Math Department is a big part of our school. As students we are always told, "You are going to use math everyday after you graduate." .Although no student ever believes them, it is true.



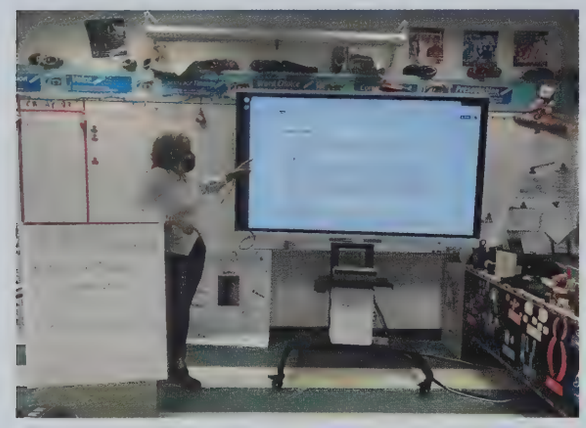
Mrs. Riberty's Algebra ll Honors class, **working together** to solve a difficult problem.



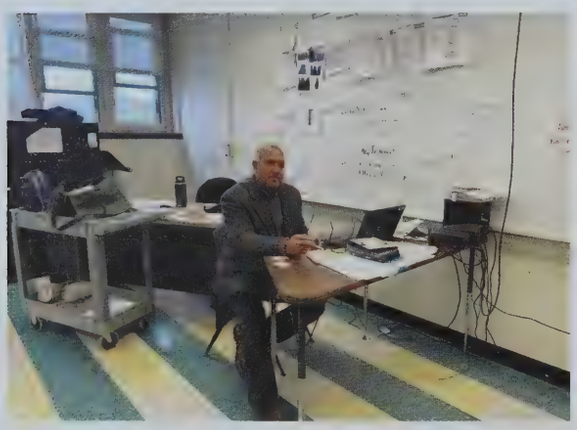
Mr. Gavoni, High School Math Teacher, stated that "It is a challenge convincing students that even if something might seem a little boring it will be worth the knowledge in the long run." His favorite part about teaching his math and business classes is, "Everyday is different and I enjoy the students' curiosity and growth in knowledge." When asked why he decided to teach high school students he said, "I never planned on teaching high school students but I ended up really enjoying it."



English Department



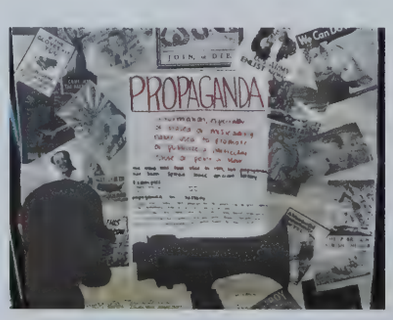
Mrs. Horan teaches English 9, English 10, and Creative Writing. She loves doing projects and interactive activities. Mrs. Horan says, "The literature that we read drives the class, from every novel that we read we respond in writing, decisions, and projects."



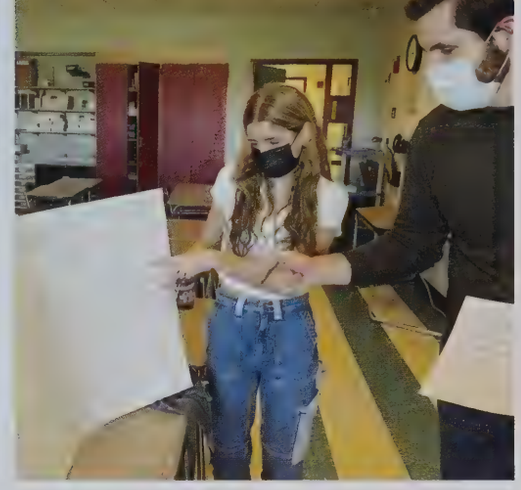
Mr. Russo is known as one of the nicest teachers there around. He teaches English 9, AP Literature, and Film Study. Mr. Russo is very connected to his students and constantly admires their participation. He was described by his students as always having kept an upbeat mood in class.

Mrs. Horan's 9th grade students, Jillian MacNeill, Josephine Almas, Lily McNamara, and Hannah Maclahlan made a poster on "The Most Dangerous Game".

All of the English teachers here agree that projects are engaging and keep the students enthusiastic about their work!



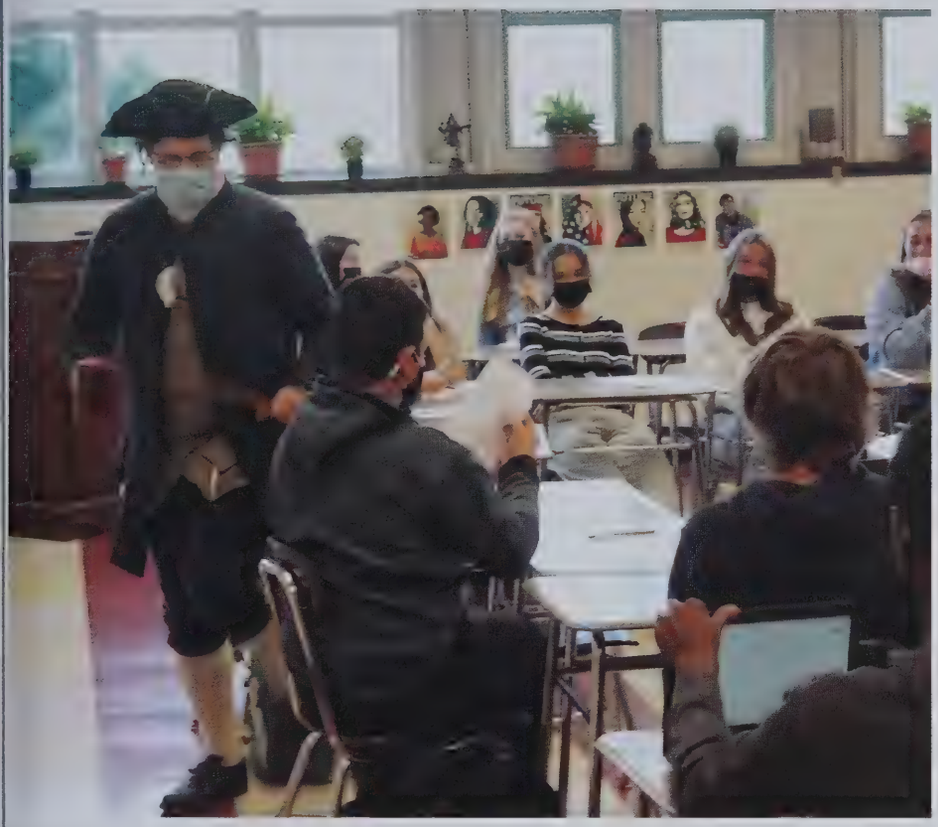
Mrs. Horan's 10th grade students, Taber Johnson, Emma Jakubicka, Ella Mcabe, and Sammy Johnson, created a propaganda project.



Learning Together

This year was Mr. Broderick's first year teaching at the high school and he is the newest addition to the English Department. Mr. Broderick teaches AP Language and English 10. In the past he taught 6th grade Reading, Writing, and Social Studies. When Mr. Broderick was asked about the interaction of his students he said, "I try to encourage them to be talkative. It is interesting because I taught younger grades before that were very elaborate and sometimes that is a contrast with high school students." Even if his high school students seemed to be quiet, he encouraged them to be collaborative. He says that in a typical class they read a lot of literature, "I had them do their reading independently and then do more specific discussions."

Making History Come Alive

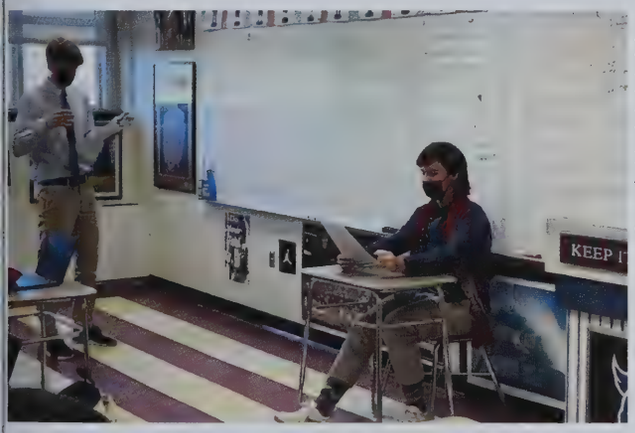


ABOVE: Mr. Welch, dressed as a Colonial soldier, aids students with a demonstration of Period-era clothing.

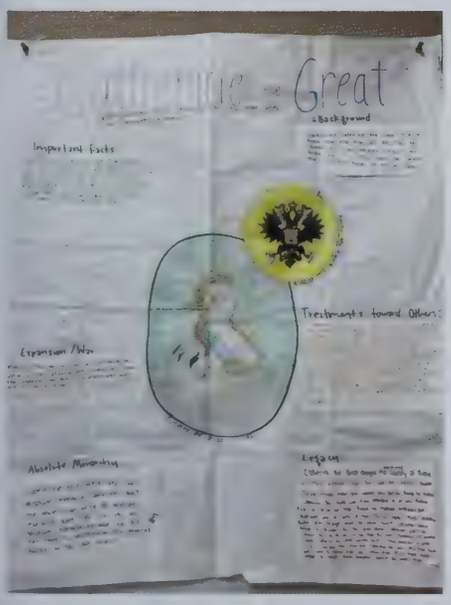
Michael Welch, History Teacher and Department Chair of History, says that "History is a way humans can look at good decisions and bad decisions that people have made and look at their past gives us a skill set and an analysis." Mr. Welch lived in a colonial house and grew up around history. He began to take AP classes in high school and decided he wanted to pursue history.

John Macleod, a fellow History teacher at Sandwich High School, commented that
"History is important because we all have history in us and our family. History is part of us and who we are today and will become." Mr. Macleod started taking history classes and loved it, then made the decision to become a history teacher: "I'm glad I did because I enjoy my work."

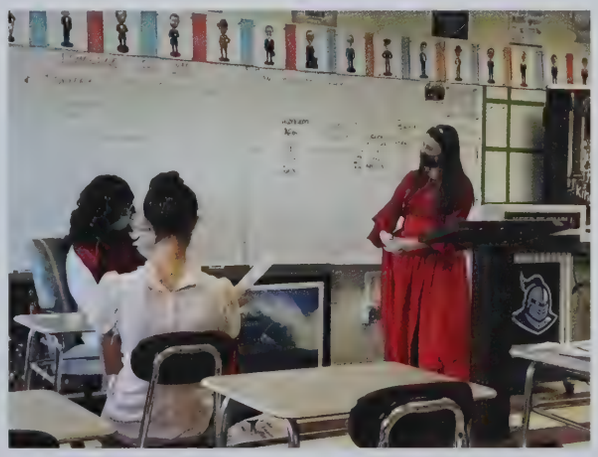
Teachers like Mr. Welch and Mr. MacLeod bring History alive for their students and make it interesting to learn.



LEFT: Dylan McCabe, 10, reads a letter he composed for a project in Mr. Welch's History class

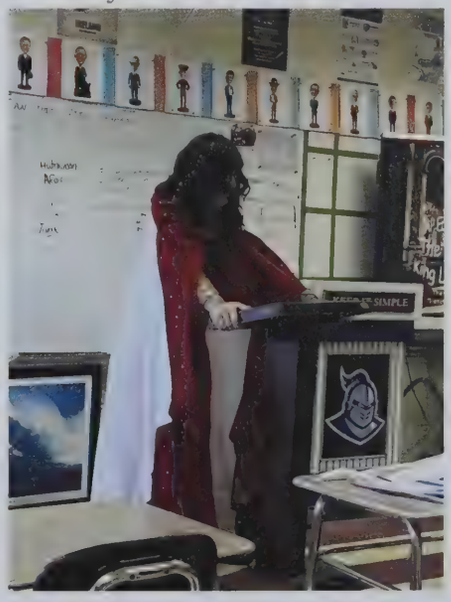


LEFT: A poster about Catherine the Great, a Russian ruler from the 19th Century, in Ms. Evans' class.



ABOVE: Bridget Jordan, 10, presents a project as a Colonial character from history in Mr. Welch's class.

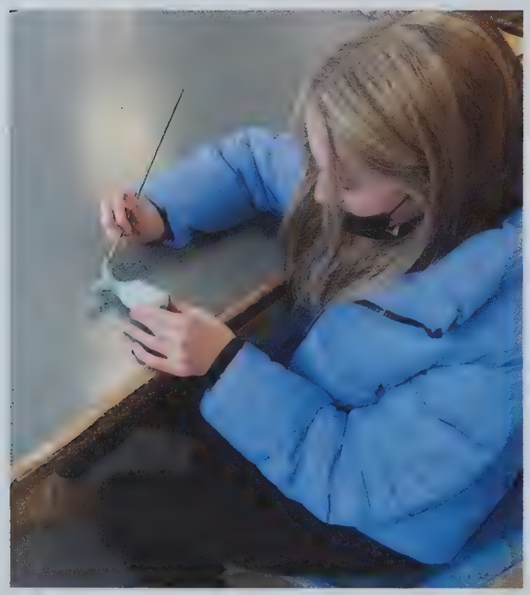
BELOW: Mr. Cunningham, dressed as a character from History, delivers a History lesson to his class.



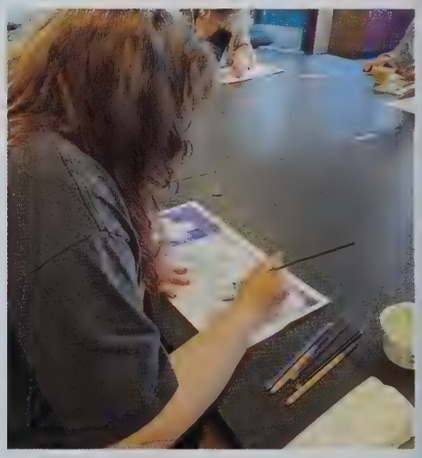
Fine Arts

Teachers Behind the Work

Fine Arts has a variety of different classes that fit all different types of students. From Graphic design to pottery, students strive in many different ways. Kevin Jordan, 12, says "I knew I was not the best artist and I enjoy technology so I took this class and it is a great fit for me."



Delaney Hemeon, 9, adds final touches to her Clay Whistle project in Mr.Rigazio's Sculpture 1 class.



The Art National Honors Society members work on setting up the Gardens of Globe at Heritage Park.

Broadcasting

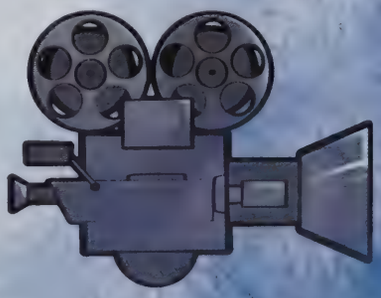
Behind The Scenes

Broadcasting is one of the school's many electives, but definitely one of the most popular. The class is always filled with students at work. Hannah Pearce, 9, states "It's a really unique environment, and you learn things that could help you choose a potential career within the broadcasting community." Broadcasting has inspired students to learn about film, technology, and it gets their creative minds **collaborating together**.

Broadcasting students Haley McLauglin, 12, Paige Hawkins, 12, Ryan Murphy, 12, James Murry, 11, film a project for their video production class.

Seniors Paige Burkey and Ray Milburn bring us behind the scenes of morning announcements.

Tyler Ahonen, 11, films the action on the field during a football game against Nantucket.

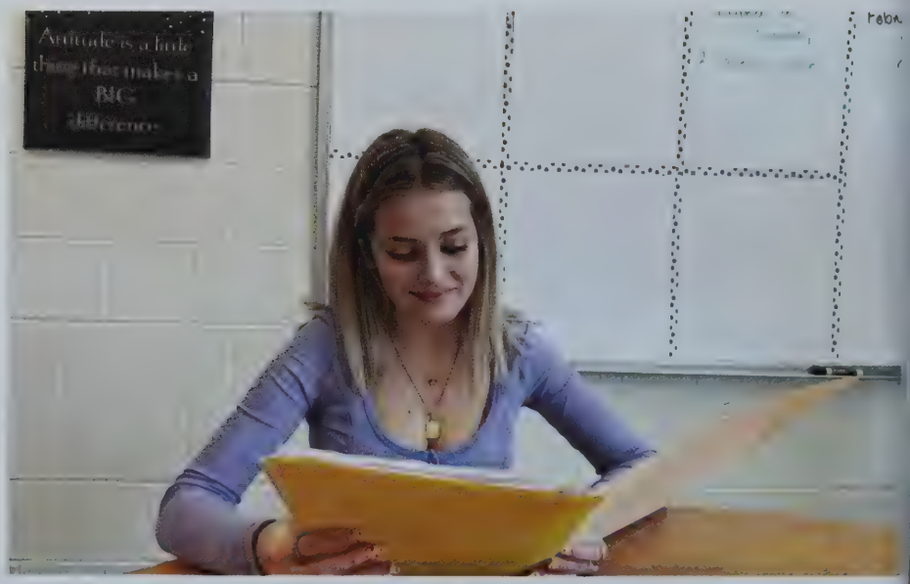


Electives

At Sandwich, students have one of the widest available selections of electives at any school on the Cape. Courses such as Broadcast Journalism, Lifeguard training, Race in America, Creative Writing, and Yearbook offer students a chance to explore topics outside of the core academics they are required to take. Some of these electives even inspire students to pursue careers in fields they would not have known about until they took the class.

Creative Writing

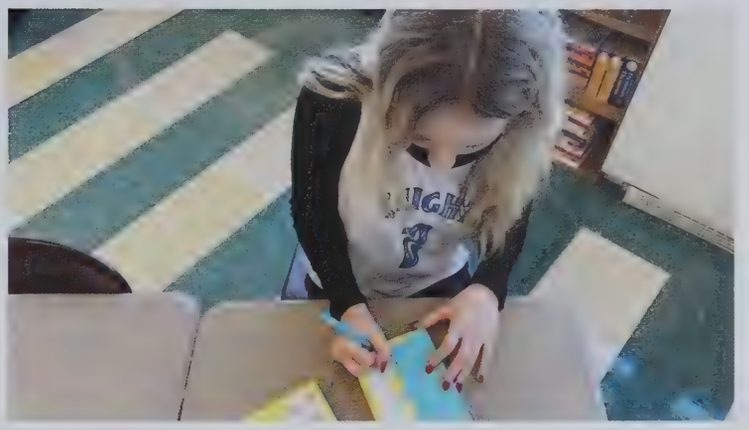
Arianna Brennan (12) chose to take Creative Writing "because I have always loved writing and I knew that if I took this class I would grow from the experience." Creative Writing goes deeper into poetry and writing than just your typical English class. Arianna also says that "I definitely recommend this class if people like poetry and writing because there are so many opportunities that you could be given."



Government & Politics

Mr. Welch's Government and Politics course provides an opportunity to gather a full understanding of how the government operates and the political differences of the parties within our government.

Gender Studies

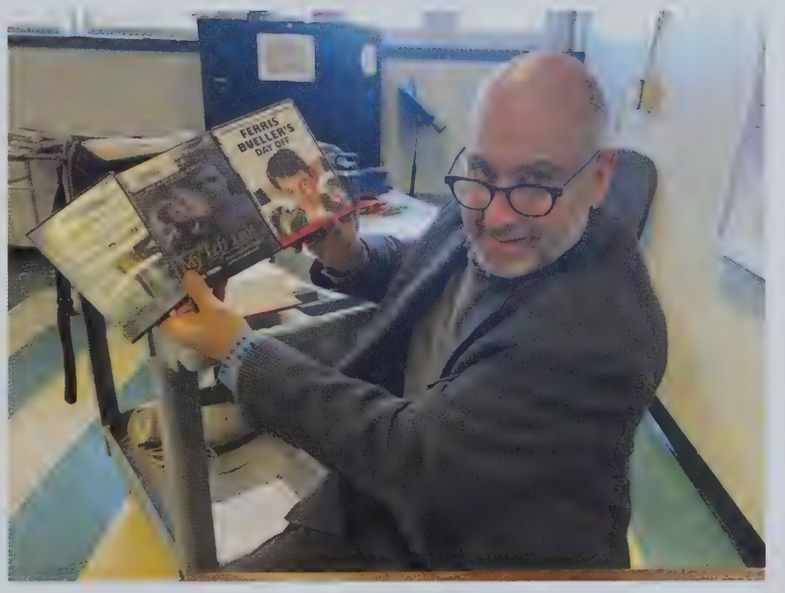


Brenna Franklin 12, works on one of her projects, illustrating gender stereotypes. This class is highly recommended by many students who would like to understand the gender roles and stereotypes in society.

Economics

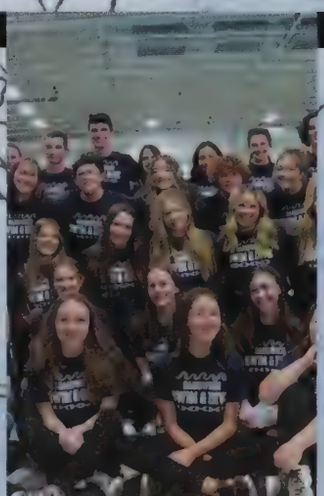
Grace Gohen 12, and Harley Ellis 11, are students who took Economics to engage with studying how businesses and individuals make decisions on how to allocate resources.

Film Study



Mr. Russo's Film Study is a class that allows students to analyze a variety of movies and talk about the deeper meaning. If you are interested in talking about different film genres, then this class is highly recommended.

SPORTS
WINTER TEAMS



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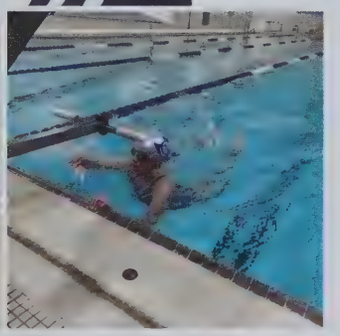

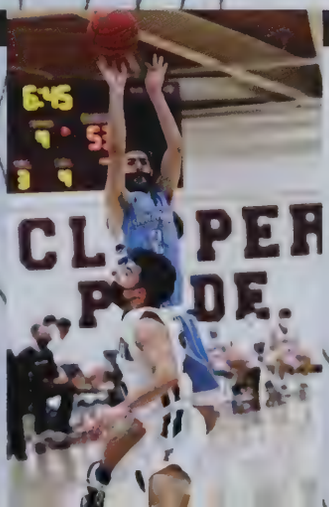

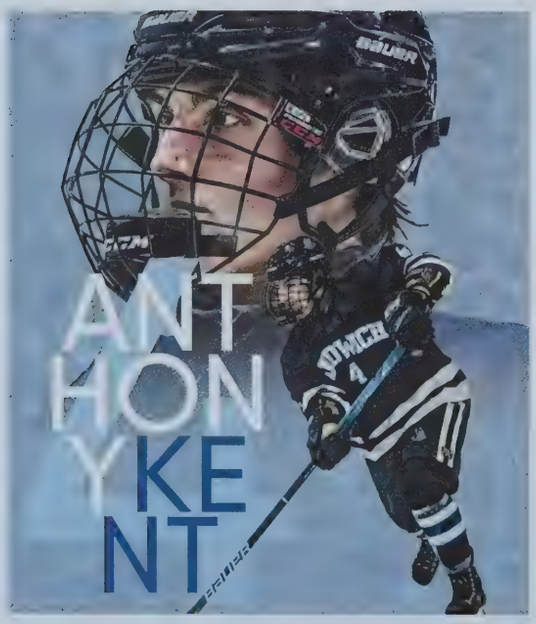

Photo created by Allen Gunn

2022 Captains

The Men's Hockey Team was led by a great group of leadership by Captain Kevin Jordan, 12, Assistant Captain Matt Hemeon, 12, Assistant Captain Drew MacKinnon, 12, Assistant Captain Caleb Richardson, 12, and Assistant Captain Anthony Kent, 12. The five seniors took on a big role of being Captains and producing leadership for the squad.

Men's Hockey

1

2

3

4

The Sandwich High School Men's Hockey team had high expectations coming off a historic 2021-2022 season as they had secured a Cape and Islands league title. With bringing back many returning players they had high hopes to not only win a league title but a state title as well

The Knights fell short of the league title to Falmouth, but they still had all the faith in the world that they could bring home a State Title. The Boys were the 4th seed in Division 4. In the State Semis against Norwell, they needed double overtime to advance to the title game. Jack Connonlly was able to get the game winner to send them to the finals at TD Garden.

In the State Championship against Watertown they played a back and forth game, but once again there was no winner in regulation or overtime. They needed double overtime again. Once again, Jack Connolly was the hero to give Sandwich their first State Championship since 2008.

1.The Knights celebrating a 3-2 double overtime victory against Watertown in the State Championship

2. Kevin Jordan (12) winds up for a wrist shot from the top of the circle

3. Drew MacKinnon (12) steps over the blue line and rips a shot

4.Matt Hemeon (12) skates down the sidewall creating open space for a potential goal

Women's Hockey

Emma MacPherson, 8, scored a goal against Barnstable. She has been playing hockey since she was 3 and is so thrilled she was admitted onto the varsity team.

Marley Dwyer, 9, added the necessary attacking skills that contributed to the many wins this team earned. She has been playing hockey since she was 3 years old.

CAPTAINS

Senior captain, Caroline Barrett, is described as a great role model by the underclassmen. She uses her amazing stick work on the ice which helps tremendously.

Junior captain, Sophia Visceglio, has been the varsity goalie since her 8th grade year. Emma MacPherson, 8, states, "The captains made the transition much easier for me."

Senior captain, Sydney Sawyer, shows great leadership on and off the ice. She always works hard and never gives up in order to win victory.

Meghan Barrett, 10, fighting for the puck and helping her team win 3-1 by passing up the ice.

Gormley Cup Champs!

The Sandwich Women's Varsity ice hockey team won the Judy Gormley Cup for the first time in history with a 3-1 win over Barnstable and a 2-1 win over Pembroke in the finals. They had participated in this tournament for years. Scholarships are traditionally awarded to participating players.

All of the scholarship proceeds in 2022 went to A.J. Quetta, an ice hockey player who was in recovery from a severe spinal cord injury. These girls were thrilled to win this, and felt very proud of their accomplishments!

Something special about this season was seeing how far these seniors have come. Both captains had been part of this team for many years, and they hope their impact left behind important memories. Captain Sierra Brigham, 12 described this by stating, " I think of the times I had with my older teammates and it's truly irreplaceable." They always made everyone feel comfortable and included during the season. Grace Cohen, 12, said "I hope this team continues to be extremely close and I hope that moving forward, the girls will always be eager to help out everyone and be there for this team."

Womens Basketball

There is no "I" in "Team"

This season the girls focused on building teamwork rather than working on just themselves. That meant working with each other in every aspect of their lives. One of the ways they took initiative in this, especially during the start of the season, was by having meals together as a team. Chemistry between the girls was crucial; building trust and respect on the court improved how they played. Grace Cohen, 12, on the team's chemistry said, "This year the team was way closer than ever. This is definitely my favorite year so far with the least amount of drama. Everyone, including the freshmen, were super outgoing and easy to talk to, and our team connection has been great from the beginning."

One of the main things that was different about the season was how young the team was. The freshmen made up the majority of the team. Nevertheless, this team was never underestimated. On and off the court they had proven acts of dedication and determination to put their teammates first. Captain Grace Cohen, 12, described the new and upcoming girls: "The younger girls really understand the game, and as they get older, their game will only improve." Grace went on to say how she is very hopeful for the future years of this team.

Meet the captains!

The girls dress up for an Olympic themed practice

Senior Captain Grace Cohen

Senior Captain Sierra Brigham

Men's Basketball

With an extremely tough season with talented competition Sandwich held strong through many teams. Finishing their season with a record of 11-11 Sandwich made it to the second round in the playoffs and held on to a competitive team Boston Latin Academy. Adam Schwager, 12, states, "I thought we finished the season very well and gave ourselves a chance in the MIAA tournament." Along with playing tough throughout the tournament Sandwich finished second in the Cape and Islands League behind Nauset. Tim Souza, 12, says, "We lost a lot of players last year but we had people step up and fill those roles."

Sean Lansing, 12, senior captain, says how his role on the team has changed from previous years, "My role hasn't really changed except this year being the captain, my priority is making sure the team is prepared and playing with the right attitude." Sean hopes for the next basketball season, "That they will have a good season and compete everyday to get better and never give up on the game or their teammates."

Logan Murphy, 11, junior captain, says, "Being on the team, I always try to encourage my teammates and always stay positive no matter what." Logan tries to follow in the footsteps of last years Captains. "Being a captain is not an easy role, you have to be able to speak up and have your head completely in the game."

Winter Track

Winter track at the Sandwich High School isn't the most popular sport amongst the student's Coach Delgado says. Delgado says she has learned a lot of different aspects from her team. Delagado says, "I have learned to have fun, to enjoy the sport, sometimes it's not always about winning and losing, sometimes it is just about being together as a team and enjoying each others company and making new friends."

Amy Delgado (Track Coach) has been coaching track for over 8 years. Delgado says, "So I actually coached at the college level for 8 years before I started coaching her at the high school, I ran track in college and my dad was a track coach so it made sense for me to follow in those footsteps." Coaching high school students impacts the coaches in many ways, Delgado says, "I love it, I love being able to see the students outside of the classroom and get to know them on a different level, I think it makes me a better teacher cause I kind of understand the stress they are going through outside of school and I can help them with there challenges inside of school."

Wrestling

Conner Coutinho, 12

Conner, captain of the Wrestling team, originally started wrestling as an improvement for his football career. His goal before the season ended was to win the league championships as a team, as accomplished, and to personally win sectionals. Coach Fay is someone Conner looks up to as he shows his dedication and passion to the team.

Avery DeOrsey, 11

Avery's season is off to a great start - the team is currently 1st in the league this winter. Avery says, "I have a winning record and got onto the wrestling team in 8th grade when a few of my friends recruited me onto the team. I enjoy wrestling with friends and being able to build a stronger bond as a team."

Connor Grill, 12

Swimming & Diving

Living on Cape Cod is very helpful when it comes to swimming. Growing up with a body of water a short walk from their homes gives them a leg up on the competition. If the water is too cold, Sandwich High School's indoor pool offers a great place to practice and gives our team a definite home advantage.

The Sandwich Swim team has two great coaches. Wendy Pierce, has been the swim coach for 7 years, but for John Cahill, this is his first year coaching. They both love the sport and have been swimming since they were High School students. The kids on the team are what makes the team a great society for anyone who loves the water.

SHS Divers- Tessa Carey, Kate Harmon, Trinity Poon, Olivia McNeill, Ethan Martin, Navya Junkins

John Cahill, assistant swim coach, is coaching for his first year. He swam on the Sandwich High School Swim team when he was a student here, Cahill says, "It's such a good group of kids." With this being Cahill's first year coaching swim, the biggest challenge for the season is staying healthy in these hard times. Cahill's emphasized that "even through the tough season, we got through relatively healthy."

Meet the Team Arthur Campras, Tessa Carey, Everett Chapman, Cole Cosgrove, Josef Dauley, Lexi Eastman, Daniel Flynn, Maggie Fomasi, Ariya French, Mia Giargia, Charlotte Grant, Kate Harmon, Amber Hayes, Liam Houlihan, Maria Hurley, Emma Jakubicka, Maeghan Jakubicka, Navya Junkins, Brigid Kelly, Donovan Kelly, Eunan Kirby, Lily Labelle, Sam LeBlanc, Abby Maclachlan, Hannah Maclachlan, Ethan Martin, Olivia McNeill, Dawson Milligan, Ryan Milligan, Emma Moynihan, Joseph O'Kane, Cora Palomar-Nelson, Trinity Poon, AJ Powers, Olivia Ring, Neveah Sampson, Madison Scott, Jaconb Sullivan, Kallie Tompkins

The Seniors and Captains - Maggie Fomasi, Ariya French, Maria Hurley (C), Everett Chapman (C), Cora Palomar-Nelson(C),Trinity Poon(C), Emily Lopes(C), Liam Houlihan

Student Spotlights

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Junior Bella Watts

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Junior Emily Saunders

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Junior Jeffrey Wood

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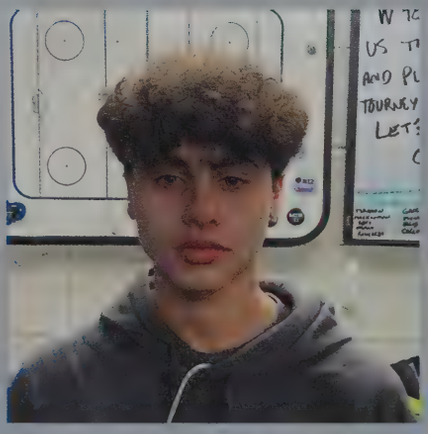

Junior David Joy

120

Sophomore Jenna Lodge

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Sophomore Brooke Flagg

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Sophomore
Caroline O'Neil

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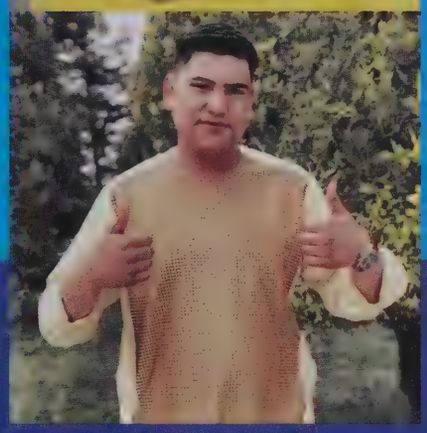


Zainab & Ali
Ataee

126

Freshman
Isabella Hunt

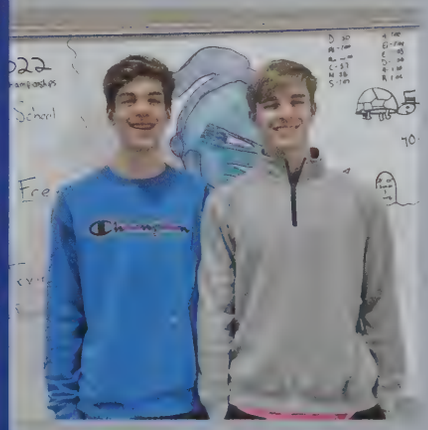
123

Sophomore
Shauna
Sabin

125

Freshman
Will Lodge

127



Ryan &
Dawson
Milligan

CLASS OF 2023

Emma Abramson
Tyler Ahonen
Tyler Emmel
Grace Almas
Gabriel Alvernaz
Nicholas Amsel
Jeremy Angeles

Saira Arshad
Mackenzie Arthur
Gregg Avadanian
Madeline Baecker
Alexis Barrett
Nadia Barrett
Hope Barton

Tyler Booth
Kaylie Boufford
Michael Bound
Alexander Brennan
Kelly Broder
Clark Bruce
Dominic Bruni

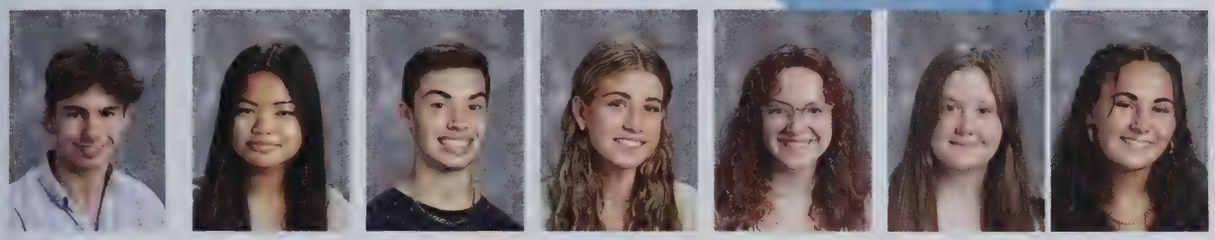
Evan Bucholsky
Chase Campbell
Brady Carroll
Laci Cimeno
Makena Clark
Lily Clarkin
Ryann Cobban

Keira Coker
Abby Cole
Cole Cosgrove
Jack Cotter
Nora Cronin
Sarah Cronin
Hannah Cross

Bella Watts

Bella Watts takes her passion for the arts to the next level by creating and managing her own etsy business called Colorful Creations. She focuses on making and selling phone cases, greeting cards and sweatshirts all made graphically on the computer. Etsy is a company that allows small creators to sell their custom designs which is why when Bella's mom suggested for her to sell her art through etsy. although she encountered some struggles that come along with being a student as well as running a business, Bella stated, "I balance school and Colorful Creations pretty easily, I make posts and all that but I also don't post as much as I did during the summer." While still being a high school student there's not much more she can do for her business except keep promoting it which at the beginning was a struggle for her which is why she collaborated with other small businesses. Bella hopes to keep selling her art this coming summer and throughout high school and continue into college as she wants to study graphic design which will give her many more opportunities.

CLASS OF 2023



Jacob Cunningham
Kira Deconte
Avery Deorsey
Violet Depietro
Lyndsey Dobson
Lindsay Dorsett
Rebecca Dykas

William Dykeman
Joseph Eaton
Harley Ellis
Carolina Esser
Sean Farrell
Malcolm Ferguson-Kelly
Kathryn Ferrini

Paul Fitzgerald
Jona Forant
Shyanne Friedenberg
Sophie Gallagher
Michelle Gallant
Jack Gifford
Braden Gilfoy

Alisa Goler Pasto
Pablo Gonzalez
Tanner Hallas
Jennifer Harmon
Katherine Harmon
Michael Harrington
Tyler Hazleton

Ethan Heller
Lillian Henry
Shannon Heyer
Alexandra Holmgren
Melanie Howard
Amy Howell
Thomas Hurley

Sydney Jackson
David Joy III
Ryan Kane
Alden Kangas
Scott Kent
Maryn Kestenbaum
Lily LaCasse

Emily Saunders

Emily Saunders, a junior at Sandwich High School, is incredibly talented when it comes to figure skating. Growing up she took private lessons and became more in love with the sport. In 4th grade, she joined her first competitive synchro team. Emily explains, "I practice 6 days a week, 4 of those days are with my team, and 2 of them are by myself." Emily is very dedicated to her team, and she has such a passion for this sport that she drives all the way to Norwood just for practice. Part of being on the team consists of taking ballet and fitness classes. Emily explains that her goal for the future is to make the Junior/Senior Team USA, a team that travels and competes internationally.

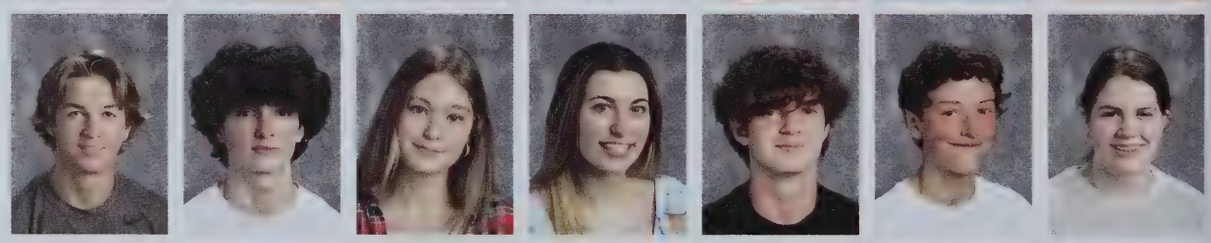
CLASS OF 2023

Jadyn Lawton
Hailey Lemire
Ty Leonard
Donald Long
Caroline Lopopolo
Luke MacDonald
Abigail Maclachlan

Ethan Martin
Tristan McCartney
Christopher McElroy
Jordan Mcgittigan
Colin Mciver
Ashlynn Mckinlay
Tyler McNeil

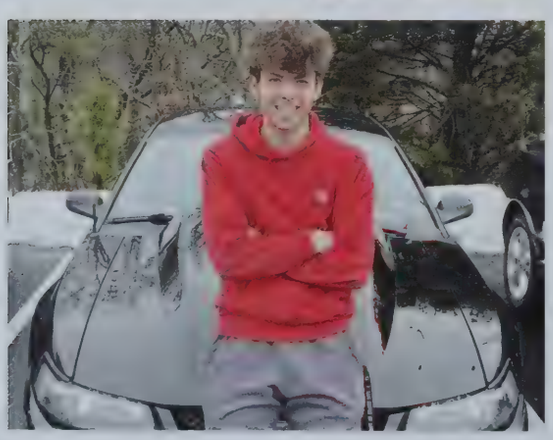
Tyler Monteith
Sophia Mozeleski
Brian Muir
Logan Murphy
Ava Murray
James Murray
Merrick Negron

Mitchell Norkevicius
Devon O'brien
Ella O'brien
Olivia O'brien
Cameron O'malley
Silas Ohman
Sofia Olsen



Cecilia Orman
Shea Pabalis-Mogan
Jack Pannoni
Jennifer Perry
Leanna Perry
Antonio Perugia
Cosimo Perugia

Kara Peterson
Sarah Petrucci
Reese Phillips
Posie Pleso
Benjamin Polay
Gavon Potter
Alexander Powers



Jeffery Wood

Jeffery grew up always being surrounded by cars. His father is a mechanic which inspired Jeffery to get into cars."Once I got introduced to the car industry I just fell in love with it." Wood stated When Jeffery got his license, he purchased a 2001 Mustang GT. Like his father, Jeffrey enjoys working on cars and he looks forward to upgrading soon and staying in the car industry.

CLASS OF 2023

Allison Prete
Sarah Prete
Sean Price
Kamryn Rader
Mohammad Rafiq
Benjamin Reiber
Alexis Rendon

Sophia Ricciardi
Zoe Richards
Peyton Rossomando
Grace Rothera
Abigail Roy
Dillon Russell
Colleen Ryan

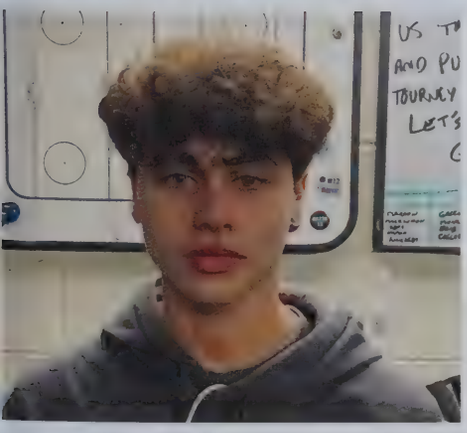
Emily Jo Saunders
Kiley Seder
Ryan Shores
Emily Souke
Connor Stack
Jacob Sullivan
Maili Sullivan

William Swift
Kiara Taylor
Maeve Thayer
Mia Tobey
Kallie Tompkins
Jake Ubertaccio
Tobin VanSicklen

Seamus Vining
Sophia Visceglio
Isabella Watts
Nicholas Weeks
Grace Weiner
Matthew West
Hunter West-Mather

Chloe Whalen
Ava White
Braden Wojciechowski
Jeffrey Wood
David Yox

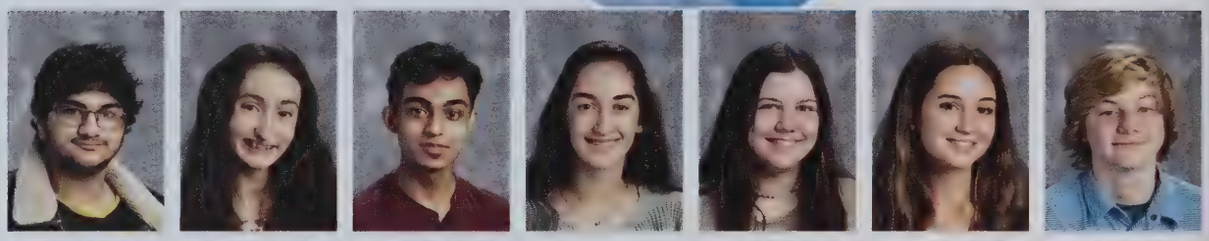
David Joy



David Joy has moved a few times over the past few years. He attended Auburn High School his freshmen year, and then attended Grafton High School his sophomore year. He says, "moving to Sandwich felt like the easiest fit." David plays a solid role on the Sandwich hockey team and has fit in extremely well. "Moving to a new school every year since I was a freshmen has been tough for me but on the bright side it builds my social skills and lets me meet new people" says David.

CLASS OF 2021

Shahyan Ahmed
Rosalie Andrews-Erwin
Ahmar Arshad
Mia Baldino
Meghan Barrett
Avery Beirne
Canyon Benjamin



Matthew Bloom
Hanna Boudreau
Katelynn Braney
Connor Bruni
Chloe Cahoon
Norra Capron
Christopher Cardillo

Cullen Carpenter
Megan Chaney
Joseph Chetwynd
Simone Chiarito
Isabella Cicconi
Ezra Clinton
Chase Collentro

Alexa Collins
Blake Coombes-demontigny
Ella Coughlin
Caroline Crocker
Hope Curley
Tanner Dalpe
Josef Dauley

Jenna Lodge

Jenna Lodge is a Sophomore at Sandwich High School. Last month she started her own club called Astrophysics Club; Jenna made this club for students in grades 7 - 12 to make them feel safe and able to learn more about space. This club was designed for anyone at any level of knowledge to join. Jenna hopes for this club to continue on after she graduates, and hopes to team up with Science National Honor Society.

CLASS OF 2021

Lorena De Almeida
Keana Decoite
Harrison Delman
Cecelia Donovan
Connor Finn
Brooke Flagg
Sullivan Gaffney

Lucas Gallegos
David Gelinas
Anthony Gentile
Julia Giampietro
Mia Giargiari
Ryan Gill
Emily Glover

Harrison Glover
Zaren Graff
Charlotte Grant
Avery Haines
Sydney Hanlon
Tessa Harding
Amy Haroutunian

Samuel Hart
Annabel Helfer
Finn Henderson
Lily Hofmann
Emma Jakubicka
Kody Jaroszuk
Samantha Johnson

Taber Johnston
Owen Jones
Bridget Jordan
Adeline Kangas
Brigid Kelly
Donovan Kelly
Adrianna Kelsch

Brooke Flagg

Brooke Flagg (10) has been a singer for her whole life. Brooke says how she remembers singing very young and has always enjoyed it. Flagg says, "I normally do gigs at Cape Cod Brewery so that's where I am normally singing as well as singing at school." Brooke's aunt influenced her to sing at such a young age and she has continued to still sing. Flagg says, "I have a lot of musical influences, I really like Simon & Garfunkel and Jamie Cullum. It's kind of jazzy folk music, that's what really got me into it."

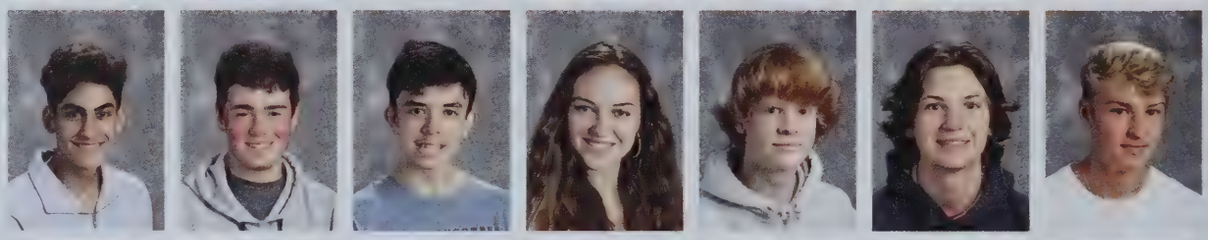
CLASS OF 2021

Adam Klaiber
Ross Klaiber
Lily Labelle
Kaitlyn Landry
Hunter Larsen
Gavin Law
Tyler Lippincott

Jenna Lodge
Nevaeh Long
Henry Madden
Devin Mahoney
Kaitlyn Manuel
Charlotte Martin
Dylan Mccabe

Ella Mccabe
Emily Mcgrail
Joseph Mckeen
Kailey Mello
Alexandra Menard
Ava Miller
Dawson Milligan

Samuel Moreno
Jack Mulcahy
Joshua Mulcahy
Amanda Mulligan
Logan Munk
Camden Murphy
Matthew Murray



Hadley Nixon
Daniela Novoa
Caroline O'neil
Daniel Oman
Jack Ottaviano
Sophia Parma
Cooper Pastore

Caroline O'Neil

Caroline O'Neil is a sophomore who has been skating since she was 2 years old and has been playing hockey since she was 6. O'Neil started to play hockey due to her interest in the sport she's had since she was young: "I'd say the hardest challenge I've faced so far with hockey is injury," O'Neil says. Trying to recover as well as fighting the urge to play while injured has been hard for her: "It's hard to just sit on the bench while everyone else gets out there."

CLASS OF 2021

Emily Pensak
Mckinley Persichillo
Leah Peterson
Benjamin Poole
Brayden Ramsey
Mutahhir Rashid
Christopher Rathbun

Eleanor Raymond
Madison Rice
Avery Richardson
Shauna Sabin
Jorge Santos
Timothy Sareault
Alanna Schreibeis

Jack Schultz
Thomas Senior
Allison Sherman
Christian Short
Kiera Simmons
Eliza Smith
Riley Spurr

Cassidy Steel
Matthew Sullivan
Hannah Surla
Julia Sutton
Zya Tarr
Arianna Tedeschi
Lilli Teravainen

Grayson Theirrien
Paige Trepanier
Stephen Trombly
Isabella Vaudo
Jake Whelan
Owen Woodard
Casey Woodill

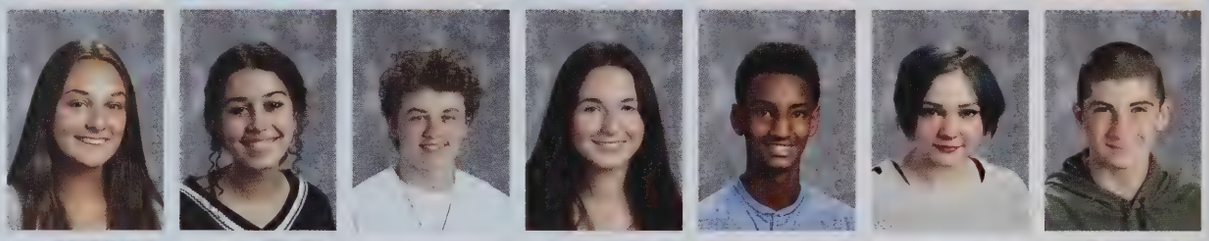
Shauna Sabin

Shauna Sabin, 10, is a very well rounded person attending Sandwich High School. She is an active member of the Sandwich Soul group, the Knight Theater Company, International Studies and the Future Leadership Program. Her busy schedule does not interfere with her outside of school activities, such as voice lessons and learning and writing music. Shauna is also a self-taught piano and guitar player. Shauna says that her active involvement in her extracurriculars keep her as social as possible, but also motivated for her interests: "I guess giving myself a creative outlet, being creative has given me motivation to do a lot of things in my life. That outlet keeps me centered."

CLASS OF 2025

Alexia Ahonen
Josephine Almas
Isabelle Anders
Shawn Andersen
Anna Bader
Stephen Baecker
Maya Bar

Alivia Barnes
Kiara Barrett
Jack Bateman
Rachael Birch
Maadeh Biruk
Ash Blackledge
Vincent Boccalini



Rama Boura
Andrew Burkey
Molly Byrne
Andrew Chanya
Kaiya Chham
Branden Clark-kelley
Sabrina Clay

Avery Cobban
Nolan Cochrane
Britney Cole
Mattalynn Crocker
Kolbie Darmon
Wyatt Deorsey
Lily Depietro

Zainab and Ali Ataee

New students Zainab and Ali Ataee are students that came from Kabul, Afghanistan this past school year. They said that Sandwich is a quiet and safe place to be and they are able to feel comfortable here. Zainab said, "In Afghanistan, I was a first-year dental student at a University in Afghanistan. Here, I have to take high school classes again."Ali, her brother, stated, "In Afganistan, I went to a private school from 8:00- 12:00 and I never ate at school. We don't have a cafeteria like Sandwich High School. We did not have the opportunity to use computers to learn which is very different. Our summer vacation was from January to March." Outside of school, Zainab likes to read books and play soccer and volleyball. Ali works and practices English at a restaurant in Sandwich.

CLASS OF 2025

Benjamin Digiacomo
Bailey Dobson
Marley Dwyer
Alexandra Eastman
Casey Egan
Andrew Emmel
Elias Everts

Jaiden Faria
Adam Ferreira
Sarah Fitzgerald
Kiah Forristall
Andrew Grabowski
Luke Greeley
Lily Guarino

Amber Hayes
Delaney Hemeon
Kierra Hughes
Isabella Hunt
Delia Irving
Emma Itri
Kailyn Jaroszuk

Zachary Jennings
Quinn Johnston
Trevor Jollin
Navya Junkins
Cali Kent
Kallen Kestenbaum
Abigail Kinney

John Kissell
Sophie Laliberte
Isabelle Lang
Joseph Lascola
Madison Lawrence
William Lodge
Grace Loewen

Will Lodge

Freshman Will Lodge is a new member of Sandwich Soul, but he's not new to the singing community.He has been singing since he was in 5th grade and has a great passion for it. He even performed a solo at recent Sandwich Soul concerts. Since he now has more experience in performing alone, he is more comfortable doing so. He added that "I have gained more self confidence in myself because I used to be very nervous when I would perform and it would affect how I performed the music."

CLASS OF 2025

Hannah Maclachlan
Jillian Macneill
Logan Magnant
Jordan Marshall
Owen Mcelroy
Liam Mclaughlin
Lily Mcnamara

Olivia Mcneill
Ryan Milligan
George Minihan
Elsa Mintz
Andrew Miranda
Amelia Moesman
Kurt Moniz

Cam'ron Monteiro
Nicholas Morelli
Andrew Morrison-sheppard
Emma Moynihan
Mia Mulcahy
Quinn Murphy
Sean Murphy

Ava Nyari
Jack O'brien
Ava Orellana
Hannah Pearce
Christopher Pentoney
Daniel Perkins
James Petricca

Dominick Purtle
Reillyann Read-packer
Christine Ribeiro
Zachary Richards
Cole Rodgers
Luke Rodgers
Darby Rounseville

Isabella Hunt

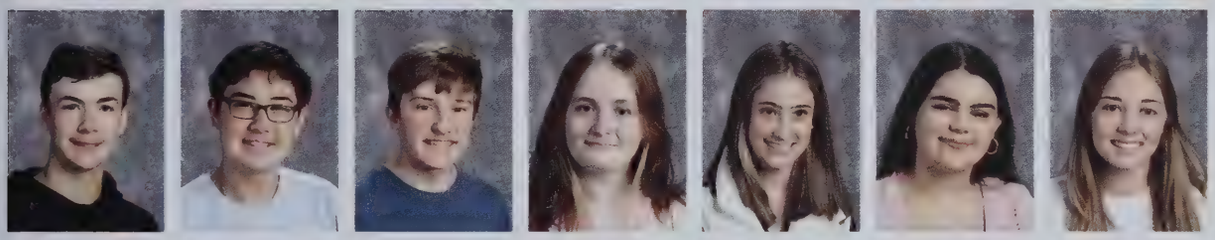
Isabella Hunt, 9, spends her time taking care of her many animals. She has birds, goats, chickens, guinea pigs, mice, and even a disabled chicken that lives inside her home. She explains how her interest in animals started: "When I was little, I used to watch You Tube videos and I got into adopting animals from really bad homes. All of my animals are rescues." She wishes in the future to own an animal shelter or donate money to animals in need.

CLASS OF 2025

Mackenzie Royle
Liam Russell
Ras-negus Russell
Jeffrey Sampson
Bryce Sawyer
Marley Schauber
Kaden Schultz

Aubrie Schwager
Caylin Scott
Benjamin Seeley
Lincoln Shinn
Sean Skirvan
William Slater
Luke Steele

Connor Steuerwald
Jackson Stratton
Mason Stratton
Isabelle Sullivan
Thomas Sutton
Summer Swift
Isabelly Tavares



Joshua Teibel
Aaron Tice
Brayden Tompkins
River Trezza
Alexa Turner
Lilith Vacher
Piper Vansicklen

Angelina Varao
Soren Vasquez
Daniel Villano
Lucas Violette
Corinne Wanat
Sophia Wanat
Cole Weiner

Preston Weiner
Ayla Whitney
Nathan Yetman
Jonathan Yox

Ryan and Dawson Milligan

Ryan, (9) and Dawson (10) Milligan are brothers that have both been swimming on the Sandwich High School swim team since 8th grade. Having a brother as a teammate comes with its own set of challenges and individual goals. Dawson states that "it helps me push myself because I don't want to let my little brother beat me." Ryan adds that "it makes me swim better, especially when I swim against him." They both benefit from competing with each other in and outside of the pool.

SPRING SPORTS

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129: Tennis

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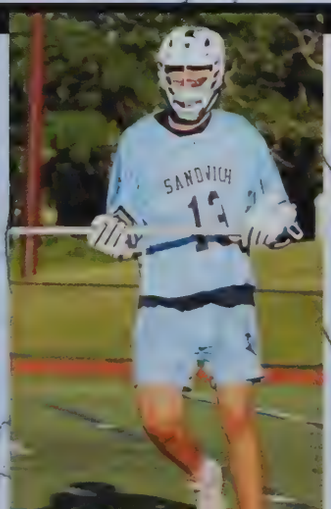
133: Spring Track

134: Men's Lacrosse

235: Women's Lacrosse

EDITOR'S NOTE: *The 2022 Spring Sports season will be covered in more depth in next year's book. Our deadline for this book is March 28th, and Spring Sports just began practice the week of March 21st.*



Tennis

Sandwich High School's tennis teams hope to compete for titles this year both in individual competitions and in team competitions. Tennis players compete as individuals when they play singles, and they also compete with a teammate when they play doubles.

Tennis, a sport first invented in 12th Century France, is an intense, high-speed sport that requires focus, dexterity, quickness, and power. Some players can hit serves over 100 miles per hour. Student tennis players must also be prepared for matches that can go on for a long time as, like baseball and softball, there is no clock. Players play the best of 3 sets to win matches.

2022 Girls Tennis Team captains- Emily Lopes (senior) and Katelyn Learch (senior)

2022 Boys Tennis Team captains- Pablo Gonsales (junior) and Charles Gurner (senior)

Baseball

Mr. Morry, Video Production Teacher, takes on the role of becoming the Sandwich baseball coach for the 2022 season. Mr Morry hopes to lead the baseball team to many victories and better his players at the game.

Senior Captains Alex Marancick, 12 Brady Campbell, 12, Joey Morrison, 12

Softball

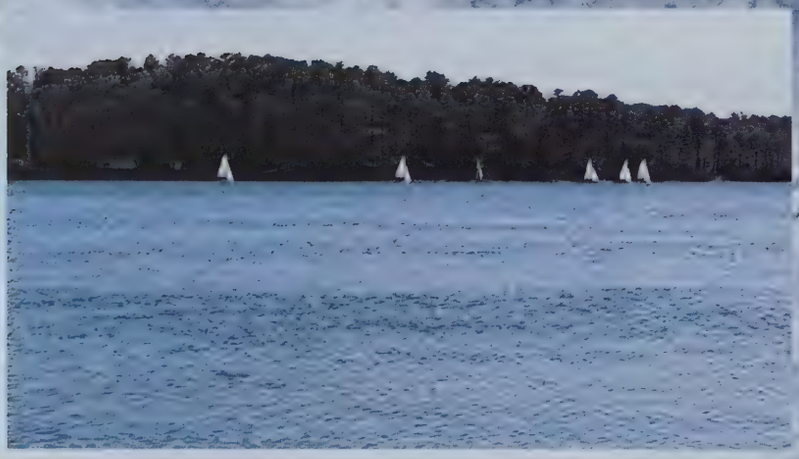
The Sandwich High School Softball team looks to have a good year as they bring in new head Coach Jess Whittier. The team is led by Junior Captain Jillian Cole. The girls have high hope for the season and hope to bring home a league title and make a State run.

Senior McCaela Accord strikes a ball into center field at batting practice.

Junior Captain Jillian Cole winds up to hit in batting practice.

Sailing

Junior Ethan Martin hikes out to get more speed while Sophomore Kaitlyn Manuel trims the jib to increase the speed of the boat.



Captains: Sarah Currey, 12, Olivia Manuel, 12, and Ethan Martin, 11

Track and Field

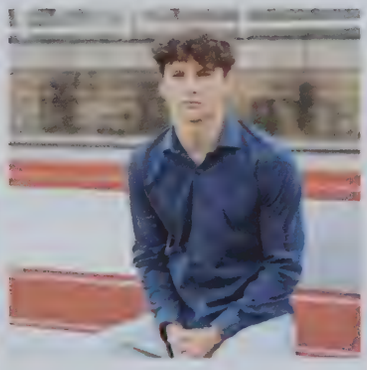
The Track and Field team is looking to have a very strong season. With experienced upperclassmen who are returning and many new athletes who are just beginning, the coaches and captains are thrilled for what the season has to offer. Adriana Kelsch, 10, currently holds the high school 200-meter record and will be a valuable athlete to watch this season. The team also has two athletes who will be competing at a collegiate level, Sydney Sawyer at MMA and Pat Morin at Stonehill College.

The Track and Field team will be losing many special seniors that have made a lasting impact on the team. Captain Caitlin Kelly, 12, says "Being on the team since 8th grade, I am upset to be running my final season, but I am thrilled for my younger teammates who have such bright futures."

Sydney Sawyer, 12 Sprinting Captian

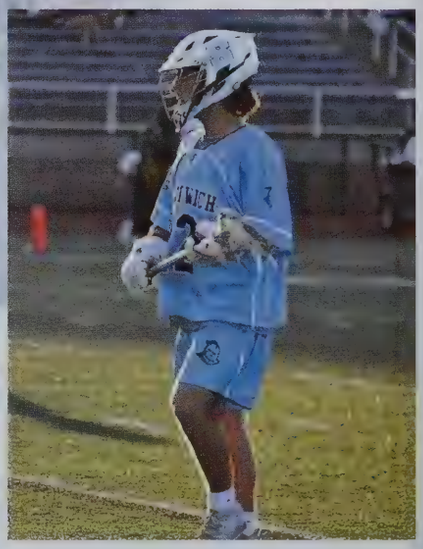
Caitlin Kelly, 12 Distance Captian

Max Sullivan , 12 Distance Captian



Partick Morin, 12 Sprinting Captian

Men's Lacrosse



Looking Forward to the Season... The Men's Lacrosse team for the 2022 season's overall goal is to work together as a team to make it to the State Championship.

This year's captains, **Dan Bader, 12, Jesse Woodill, 12, and Tim Souza, 12,** emphasize how they intend to put in great efforts into this lacrosse season. As Captains, they will be influential leaders through their hard work.

Women's Lacrosse

Sandwich High School Women's Lacrosse celebrates after a victory.

Emma Dintino, 12, Captain of the lacrosse team who has been playing since Freshman year, tells us what it's like to be a captain: "It's an honor to be a captain and a very prideful feeling having the younger girls look up to you. I don't necessarily think it takes a label to be captain. Leaders will shine no matter what."

Emma is going to continue playing lacrosse for Massachusetts Maritime Academy, and she speaks on what it's like playing her last year at Sandwich: "It's definitely different playing your senior year because you know that you're counting down the last times you'll ever play on your home turf. It's a sad feeling, especially when you've been playing for so long - it's almost like a part of you will be left behind."

Senior Superlatives

Best Bromance

Alex Marancik and Liam Houlihan

Should've Been Sisters

Maddie Vachon and Madelyn Boen

High School Sweethearts

Jacob Sutton and Morgan Ramsey

Most School Spirit

Kevin Griffin and Maria Hurley

Most Likely to Become President

Cora Palomar-Nelson and Nick Alvernaz

Best Couple That's Not A Couple

Paige Burkey and Dan Bader

Best Personality

Sarah Currey and Delaney Cochrane

Most Likely To Succeed

Allie Timmerman and Connor Gill

Senior Superlatives

Best Eyes

Ella Hofmann and Drew MacKinnon

Most Athletic

Caroline Barrett and Jacob Sutton

Best Nicknames

Marissa Peterson and Charles Watters

Best Teammate

Sydney Sawyer and Dan Bader

Most Likely to be in the Olympics

Pat Morin and Caitlin Kelly

Most Likely to Travel the World

Grace Cohen and Jake Steeves

Most Likely to Write a Book

Aimee Champagne and Sadie Biron

Most Likely to Have a Coffee in Their Hands

Ari Brennan and Austin Barnes

Senior Superlatives

Worst Case of Senioritis

Sean Lansing and Brenna Franklin

Best Dressed

Alex Marancik and Morgan Ramsey

Most Changed Since 7th Grade

McCaela Acord and Matt DiGiacomo

Most Likely to be on a Reality TV Show

Jordan Willis and Lily Tobin

Most Likely to be Late to Graduation

AJ McGee and Paige Hawkins

Most Likely to be a Comedian

Will Swift and Pat Teravainen

Most Likely to be on Broadway

Owen McDevitt and Paige Burkey

Most Likely to get ID'd at Age 30

Lilly Moore and Michael Itri

Senior Superlatives

Most Artisitc

Sam Leblanc and Maddy Early

Most Gullible

Sam Aycock and Walker Davis

Most Likely to be a Hacker for the CIA

Maxfield Capron and Max Sullivan

Life of the Party

Claire Moniz and Kevin Jordan

Most Likely to Cure a Disease

Trinity Poon and Erica Sundermayer

Most Likely to be an Instagram Influencer

Ella Curley and Ryan Murphy

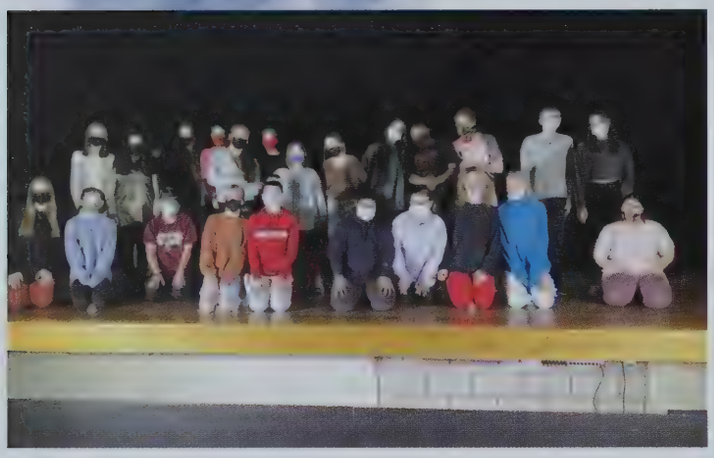
Most Likely to Bring Home to Your Parents

Caleb Richardson and Nadia Fegela

Most Likely to Host a Game Show

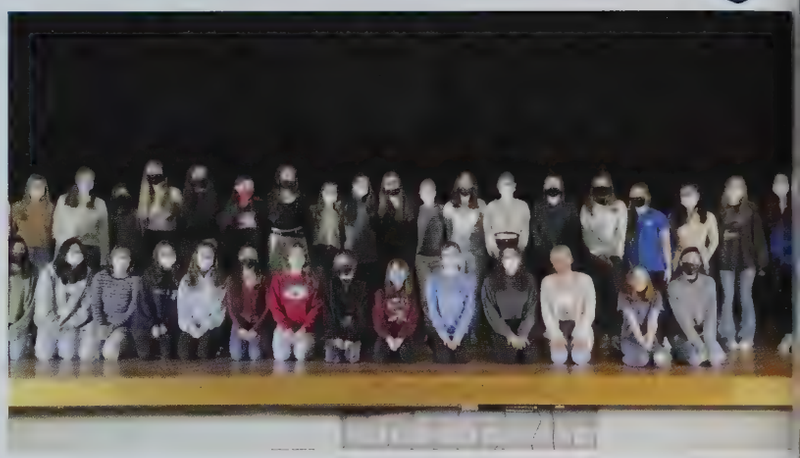
Ray Milburn

2022 SHS Clubs



Adaptive Dance Club

President & Founder: Allie Timmerman
Vice Presidents: Delaney Cohrane and Susan Higgins

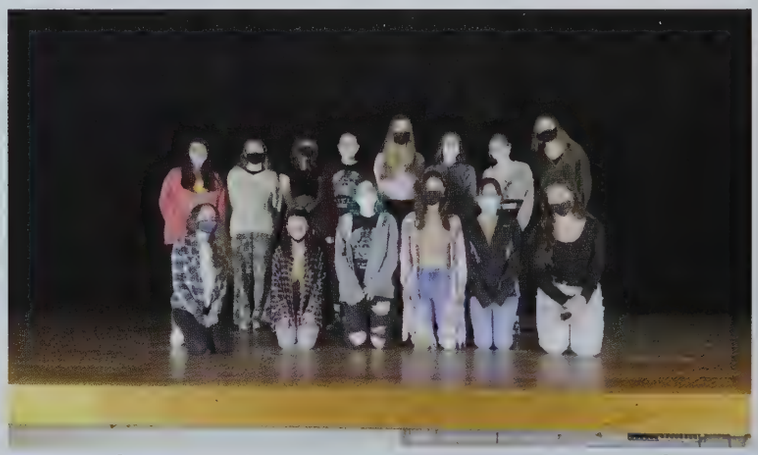


Chicas for Change

President & Founder: Cora Palomar-Nelson, Senior
Vice President: Emma Hair
Social Media Representative: Chloe Whalen

Best Buddies

President: Delaney Cohrane
Vice President: Claire Moniz



National Art Honor Society

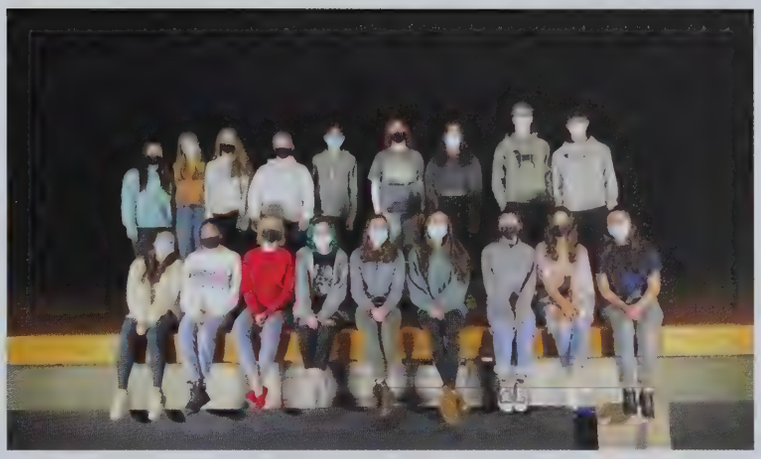
President: Sam LeBlanc
Vice President: Maddy Early
Treasurer: Olivia Manuel
Secretary: Shannon Heyer
PR Secretary: Ari Glick

Key Club

President: Maria Hurley
Vice President: Thomas Hurley
Secretary: Caitlin Kelly
Treasurer: Bridget Carrera
Web Master: Callie Burgess

National Science Honor Society

President: Sarah Currey
Vice President: Daniel Bader
Treasurer: Rebecca Dykas
Secretary: Caitlin Kelly
PR Secretary: Arianna Glick



National Math Honor Society

President: Susan Higgins
Vice President: Allison Timmerman
Secretary: Ariana Glick
Treasurer: Paige Burkey

Math Team

Co-Captains: Trinity Poon and Sarah Currey

DECA

Matt Sullivan, Jacob Cunningham, Connor Finn, Mr. Gavoni, Brennan Finn, TJ Hogan, Dylan Sylvia, and Ryan MacDonald

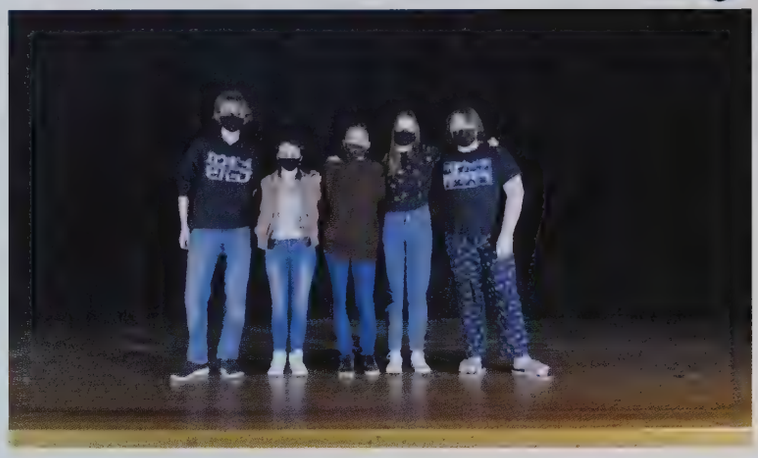
National Junior Honor Society

Alexandra (Lexi) Eastman: president (9th)
Anna Bader: co-vice president - 9th
Brynn Dowie: co-vice president - 8th

2022 SHS Clubs

Soul Show Choir

Soprano Section Leaders/Dance Captains: Delaney Cochrane, Violet DePietro
Alto Sec. L: Paige Burkey, Marissa Peterson
Tenor Sec. L: Alex Brennan, Luke MacDonald
Bass Sec. L: Everett Chapman, Ray Milburn



Jazz Band

Officers: Cole Cosgrove; Trinity Poon

Radio Club

Jared Ghioto, Bailey Dobson, Shyanne Friedenberg, Nick Alvernaz; Not Photographed: Alexis Barrett

Diversity Club

KTC

Co-Presidents: Paige Burkey, Ray Milburn
Co-Secretaries: Luke MacDonald, Tristan McCartney
Co-Publicity Managers: Scott Kent, Chloe Whalen
Co-Actor Representatives: Shauna Sabin, McKinley Persichillo
Co-Tech Representatives: Paige Morris, Riley Fortin

Student Council

President: Maryn Kestenbaum, Grade 11
Vice President: Ethan Martin, Grade 11
Secretary: Caroline Barrett, Grade 12
Treasurer: Jenna Lodge, Grade 10

Latin Club

President: Caroline Barrett
Vice Presidents: Gabe Alvernaz, Julia Sutton
Recording Secretary: Cora Palomar-Nelson
Corresponding Secrtary: Meaghan Barrett
Treasurer: Liam Houlihan
Community Service Coordinators: Hailey Lemire and Dylan McCabe

Fiber Club

International Studies

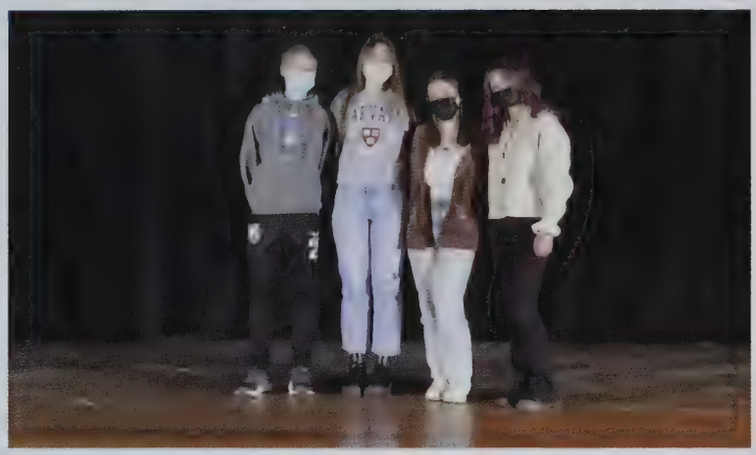
Environmental Awareness/Recycling Club

Avaleen Shinnick, Kiera Hughes, Jckson Bordelon, Lilian Feth, and Bruna Abreu

2022 SHS Clubs

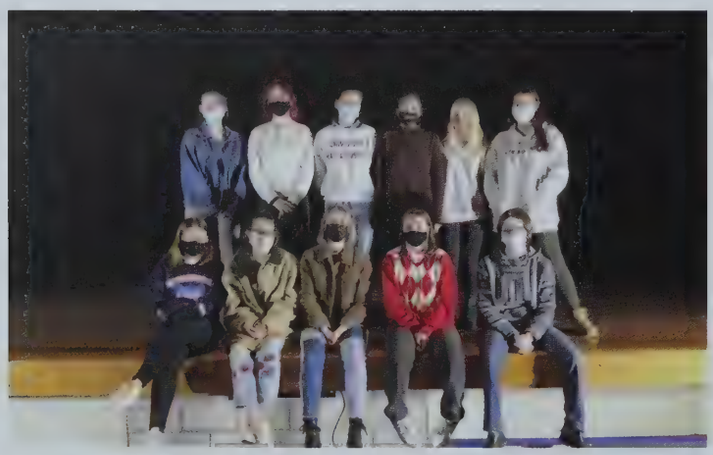
Debate Team

Kallie Tompkins, Cora PAlomar-Nelson, Adam Klaiber, Breanna Prindle
(Mia Giargiari, not pictured)



Civic Action Team

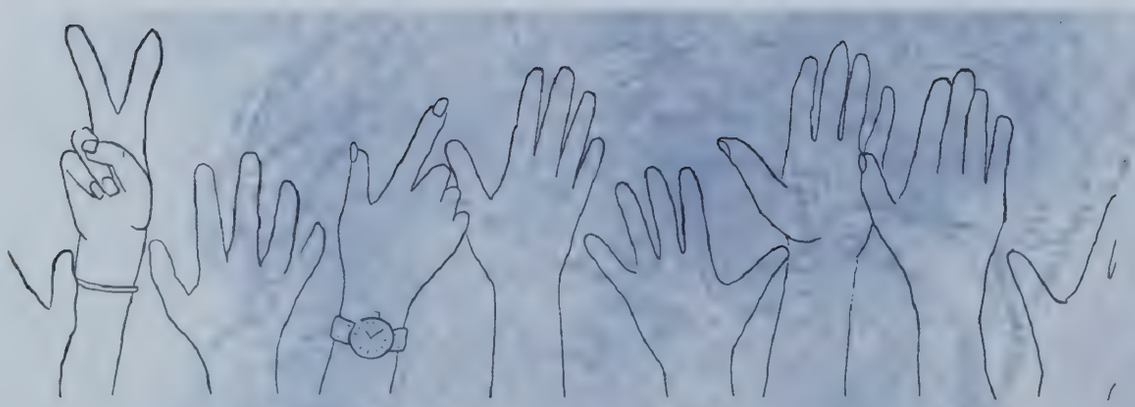
Adam Klaiber, Kelly Broder, Kamryn Rader, Melanie Howard

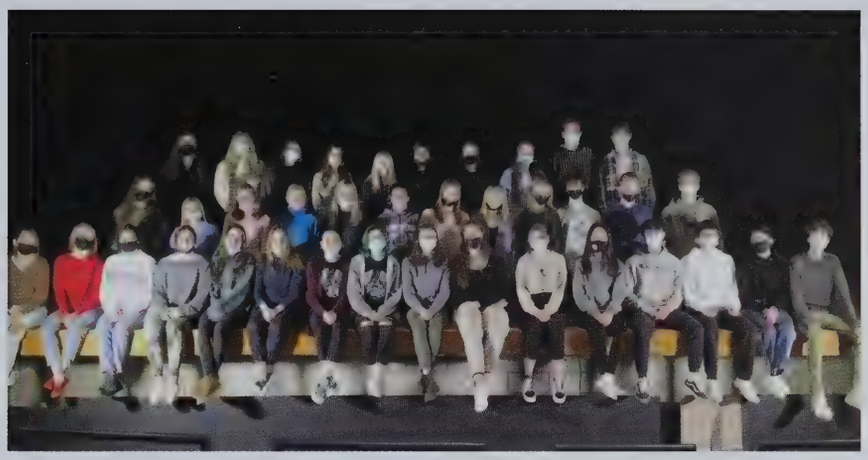


Book Club

UNICEF Club

President - Grace Cohen
Vice-President - Morgan Ramsey



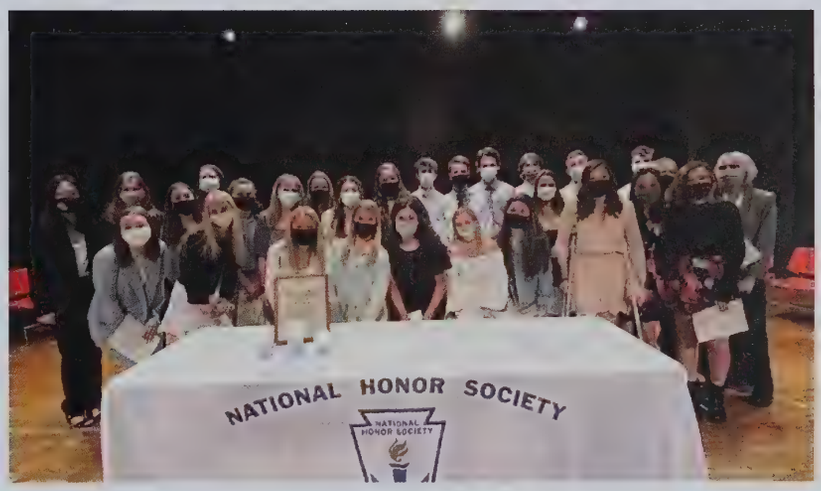


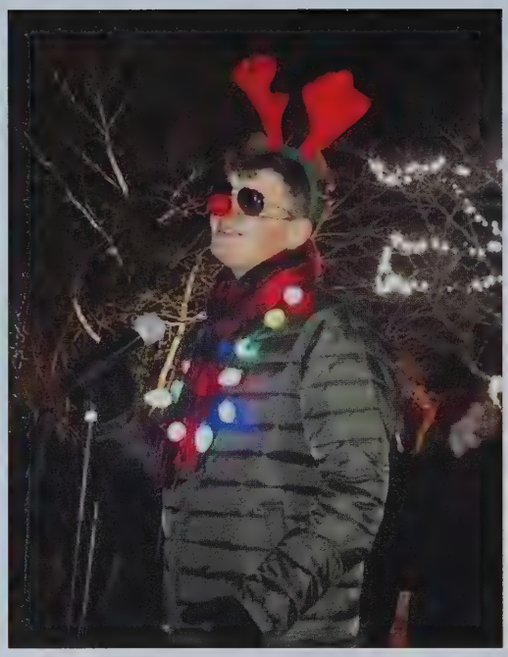
National Honor Society

President: Allie Timmerman
Vice President: Emma Hair
Service Project Coordinator: Sam LeBlanc
Service Hours Manager: Caroline Barrett
Induction Planners: Callie Burgess and Olivia Manuel

National Honor Society Induction Ceremony

Twenty-eight students, recognized for their hard work and dedication to their community, join the Glass Chapter of the National Honor Society. Previous officers of NHS helped plan and organize an induction ceremony for the new members. Mrs. Luck says, "It was so nice to be able to offer the students as close to a normal induction as possible. It even brought me to tears being able to speak at a ceremony again." While inducted for their dedication to community service, these students are expected to continue their community engagement and complete twenty more volunteer hours throughout the year.



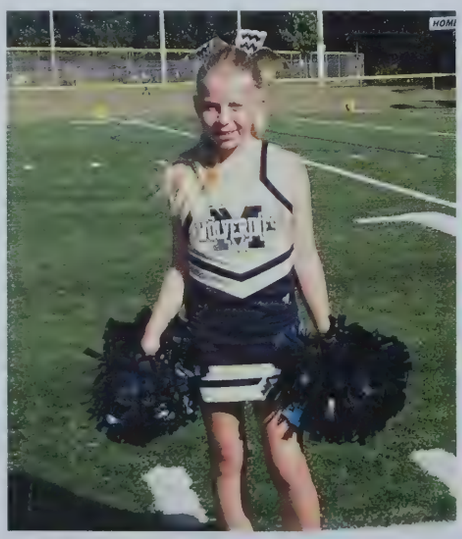


Owen McDevitt

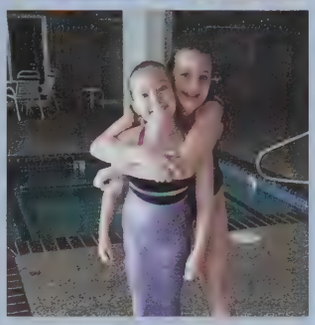
Owen, it has been such a joy to watch you grow into yourself, as a talented, kind and gentle young man. You have worked so hard to do your best each and every day...we couldn't be more proud of you if we tried. Congratulations on your graduation. We love you and wish you all the best for your life and your future. Much love, Mom, Dad and Griffin

Emma Hair

You are a beacon of light for so many; keep your light shining bright. Stay kind, stay fierce, and most importantly, stay you!
This is just the beginning!
Love, Mom



Maddy

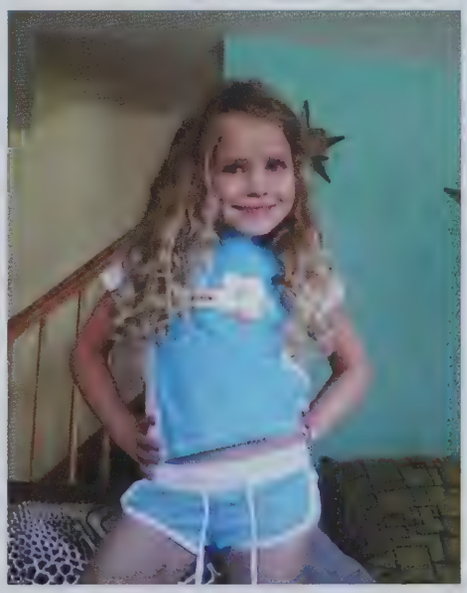


We are joyous at the lovely, talented, persevering, assiduous young lady you have become! We are immensely proud of you, and of your accomplishments! Congratulations as you graduate! Savor the moment. You deserve it! Our love and very best wishes will be with you as you continue your studies in college, We wish you success, happiness and good fortune throughout your life.
Love you forever and always,
Mom and Scott, Grandma and Grandpa Stanford, Morgan, Aiden and Trevor

Arianna Brennan

To my beautiful daughter, You're on a journey that requires you to continue to be fierce. No matter where you go and what you do, I know you're going to thrive. Always stay calm, continue to be kind, and always stand up for what you believe is right. Stay compassionate, stay humble and always be grateful. Stay authentic and alway be you. I love you to the moon and back.

Love, Mom



Congratulations
Class of 2022

You brighten the world with your smile and leave a lasting impression wherever you go

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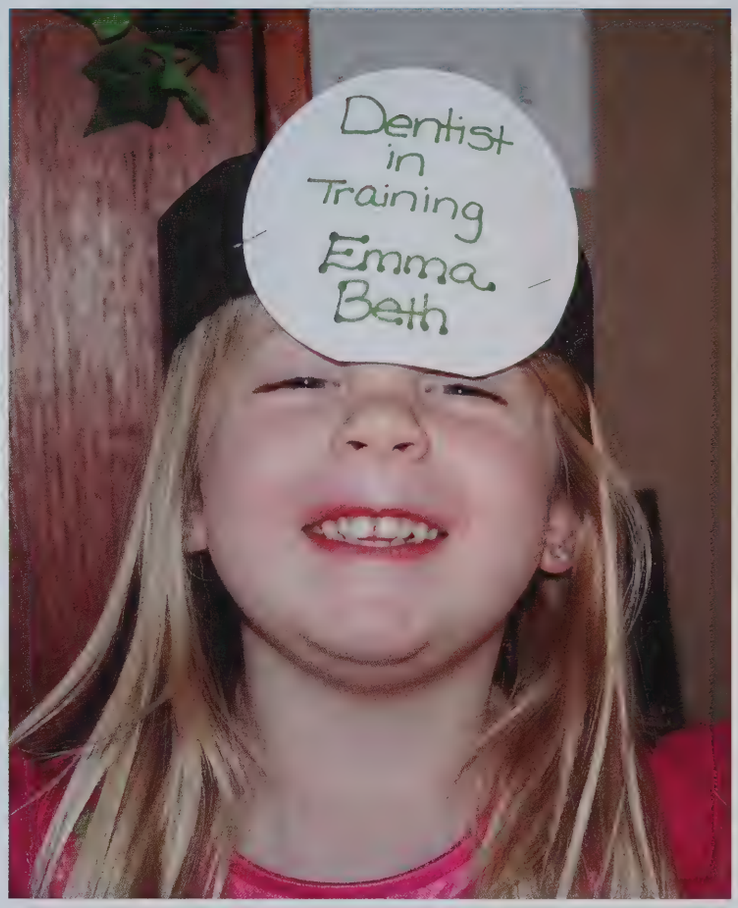
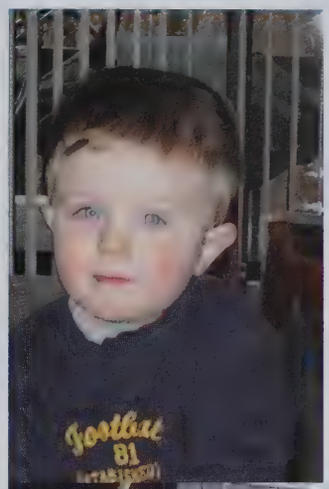


Conner Coutinho

Your laughter is enough to light up a room. You make the world a better place. The future is lucky to have you! Always proud! Love you Conner(C-Bass)! Mom, Dad, SeanII, Buddy, Daisy, and Oreo

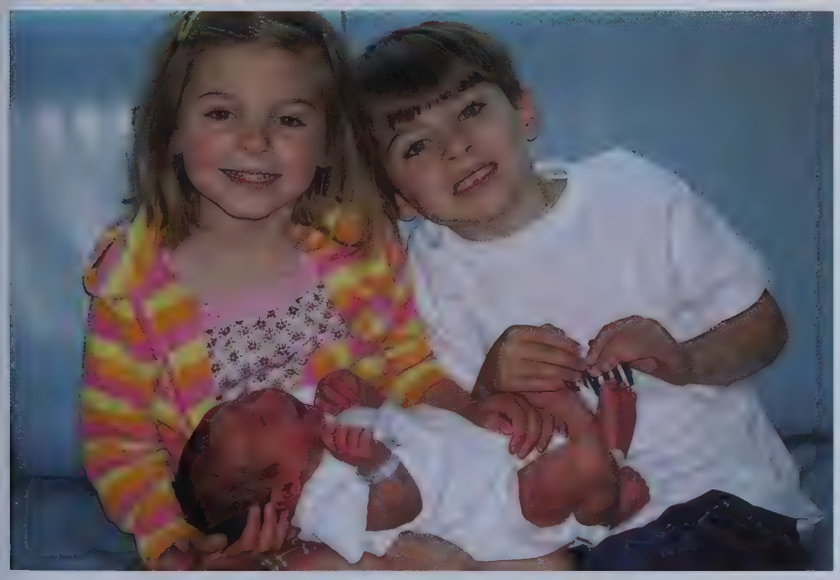
Cole Atwood Theodore McInnis

We couldn't be more proud of you, Cole! You are destined for amazing things and we can't wait to see you accomplish all of your goals. We love you so much!!
Love,
Mom & Dad



Jake Steeves

Congratulations Jaker! We love you and could not be more proud. You have been waiting for this....
Now go get it!
Love, Mom, Dad, Ky, and Sage



Callahan Reilly Burgess
'Callie'

"Somewhere over the rainbow, skies are blue
And the dreams that you dare to dream
really do come true.
Somewhere over the rainbow, blue birds fly.
Birds fly over the rainbow. Why, then, oh why can't I?"

Oh, you sure can, kiddo! You've been flapping your wings for years and are ready for take-off!

We love you so much....are so excited for you..so confident in you...so delighted for the world to have you.
Fly free! XOXO

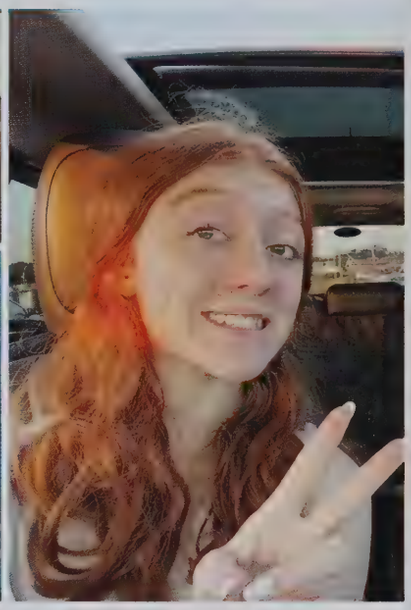
Aiden Molloy

Congratulations Atrain!! We are so incredibly proud of you!! Go into the world and do well. But more importantly, go into the world and do good. We can't wait to see what your future holds.

Love you,

Mom, Dad, and Ciara

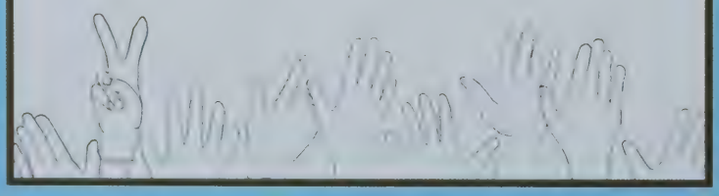
Lillian Brooks

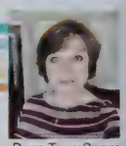


Here's to the door opening to new opportunities. Enjoy your graduation. Iam so proud of you and all that you have done. Wishing you all the success and happiness the world has to offer. Love Dad

Congratulations, to the Class of 2022

from the Sandwich High School Faculty and Staff





Pam True Szaro, Herff Jones Yearbooks

Congratulations, to all students of Sandwich High School

from Herff Jones Yearbooks, and Pam True Szaro.

It has been our honor to partner with Sandwich High School Students, advised by Mr. Scott Childress, to create this yearbook.

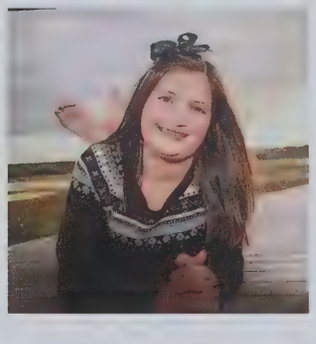
In spite of challenges, we have tried to record the events of 2022. Though perfect yearbooks are rare - we hope you will appreciate the hours and hours of time dedicated to the people and memories of this school year. Please celebrate your accomplishments, and always remember to thank those who helped you along the way!

Never stop learning!

NOW DREAM & BUILD YOUR

FUTURE

Jordan Anne-Richey Willis



Jordan,
We are so very proud of you. We can not believe that eighteen years have past, that you are all grown up.Its been awesome to watch you achieve so much in high school. You conquered it like a boss.Dad and I know you have everything its takes to be successful in college. Its been our dream since the day you were born that you attend college. You are a first generation college student. Our "game changer,' for our future generations. So thank you for making our dreams come true. We are so blessed beyond words that you are our daughter. Go set this world on fire but remember Cape Cod will always be home.That you will always be our little girl.
Love you most, Mom and Dad
Congratulations, SHS Class of 2022!

Sam Hovda

"So close, no matter how far. Couldn't be much more from the heart. Forever trusting who we are and nothing else matters."
Metallica
We are so proud of you.Congratulations on your graduation. We love you Sam.
The Willis Family

Be strong ,be brave ,be fearless and most importantly be you.
Congratulations! SHS class 2022

Skylar

You constantly remind us that the beauty of art is that it reflects the soul of the creator. Your art reflects your passion, your empathy, and your beauty. You inspire us to support others who want to express their feelings, thoughts and emotions through creation. We are so proud that you are our daughter/sister.
Love, Mommy, Daddy and Zachary

Sam LeBlanc
CONGRATULATIONS
2022 GRADUATE!!!

As you spread your wings and soar into your future,
past glimpses of your thirteen year journey swirl with memories
of new school years, new looks for picture days, first days with a
brand new outfit and backpack

After school movies, rainbow fuse beads, drawing, and special
visits from Grammy

Wings starting to grow, permission slips and field trips,
from school buses to chartered buses, in the band room,
then concerts away

Enjoying late start mornings, water bottle stickers
silently speaking your voice,
"never long enough" school lunches with friends

And those days of Covid!?
Just try to remember the best of the worst!

So fortunate to be surrounded by a circle of incredible friends,
wings strengthened and ready for flight

Fly high, have courage and passion, be adventurous, love what
you're doing and be true to yourself and others.

Much love from your family <3

"The future belongs to those who believe in the
beauty of their dreams." ~ Eleanor Roosevelt

Owen Beaton

CONGRATS OWEN
It's not easy being the youngest child. You were dragged to every soccer, basketball and baseball game your brothers ever had. From Cooperstown to Orlando, from the diamond to the pitch, it's been very rewarding watching you grow into a young man. Your kind soul, dry wit and laid-back style will serve you well throughout life. We look forward to watching you find your passion in life.
Hakuna Matata!
Love Mom, Dad, Ryan & Kyle

Patrick Morin

Congratulations Patrick, on all your accomplishments. You are an amazing athlete and student. We know you'll continue to shine on the track at Stonehill. We are so proud of you. Always, Grandma and Grandpa

Caleb Montgomery Richardson

All Our Love and Joy,
Honoring Your Achievements,
Wishing You a Lifetime of Happiness!
Mom, Dad, Avery & Taylor

Congratulations Patrick!

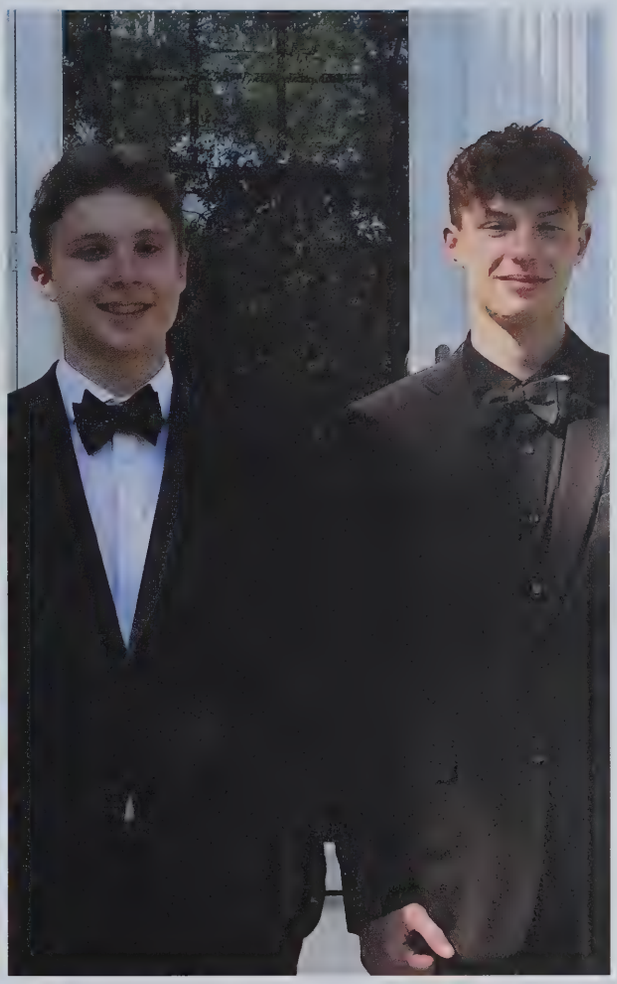
We are so proud of you and look forward to your next chapter! You are such a great son, brother, cousin, and friend. We love you!! Dad, Mom, Jack & Drew

Patrick Morin

We are so proud of all you have accomplished! Continue to strive for all you desire. As you can see, everything can be yours with hard work and perseverance. All our love and support, Mom, Spencer and Sophia

Brandon & Will

Congratulations, we are so proud of you both!! Best wishes Class of 2022!
The Cahoon Family & The Swift Family



Caitlin Anne Kelly

Caitlin, We are so proud of all your outstanding accomplishments. Keep shining bright! Good Luck in your next chapter, continue to be amazing. We love you :)
Brigid, Dad, and Mom

Kevin Jordan & Matt Hemeon

Congratulations Kevin and Matt! We are so proud of you! It has been such a joy watching you grow up together! We all love you so much ! Go Get Em guys !

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Congratulations, Class of 2022

Café Riverview is Riverview School's hands-on-classroom. Students in Riverview's GROW Post High School Transition Program who are interested in food service often work at Café Riverview where they learn about restaurant operations and how to prepare food and serve the public. Café Riverview is a very popular destination in Sandwich, and the students thrive on being a vital part of its success.

Cafe open Wednesday - Sunday 7am-2 pm

Congratulations to Sandwich High School's Class of 2022

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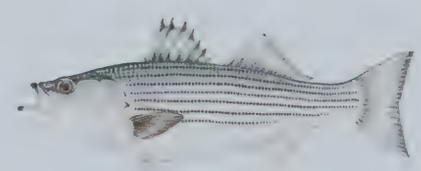

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Congratulations to the graduating class of 2022! Good luck in all of your future endeavors!

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Closing Message from the Principal

Congratulations class of 2022! You have come to the end of a long, successful journey through the halls of Sandwich High School. The road was not always smooth, as you had to endure two and a half years of challenges due to a global pandemic. Your class's resiliency and dedication to each other, as well as your brave response to extreme adversity, has made you successful in a way that no class has been before you.

The Senior class sets the tone as the leaders of any high school. Nothing matters more in that category than the example you set for the rest of the student body. I couldn't be more proud of you in modeling that example, especially during this past year. You have dealt with numerous schedule changes, facilities changes, and constant interruptions to your education. You responded by working harder, supporting each other, and remaining positive in some of the most difficult situations. The class of 2022 officially led your peers through the pandemic. We are all so proud of you.

Through it all, you've adapted, stayed the course and enjoyed many successes along the way. Competing in Cape and Islands league play, winning league titles in various sports and competing for and winning a state championship! Producing wonderful fall and spring shows through KTC. You've worked to bring back our traditional senior week activities, culminating with the senior cruise and graduation. All the while keeping up with and being tremendously successful with a rigorous course load. You have made a tremendous mark during your time here at SHS!

You have developed and earned a reputation through your hard work, service, sportsmanship, and caring ways towards each other. You have accomplished so much during your time in Sandwich. Your generosity and enthusiasm in all you do have made you a role model for classes to come. Everyone in the Sandwich community has tremendous pride for you, and we are excited to see what the future brings for you. Continue to be kind to each other, be safe, and be happy!

Sincerely,

James M. Mulcahy, Jr.
Principal

The paper fiber used
in this yearbook was
responsibly sourced.

BETTER TOGETHER

S H S